

# SUNDAY MORNING Health Corner

## Managing Arthritis

Arthritis is inflammation or swelling of one or more joints and nearby connective tissues. Symptoms can vary, but usually include joint pain and stiffness.

Osteoarthritis is the most common form of arthritis that occurs primarily in the hands, hips and knees. Experts don't know the causes of many forms of arthritis. However, obesity, infection, joint injuries, occupation and smoking can increase your chances of developing arthritis.

An estimated 58.5 million U.S. adults have arthritis. The prevalence of diagnosed arthritis among African American adults (22%) is similar to the prevalence among other ethnic groups.

### 5 Ways to Manage Arthritis

**Learn new self-management skills** – better manage pain, stress, and daily activities with the support of a health care professional.

**Be active** – The Physical Activity Guidelines for Americans, issued by the Department of Health and Human Services, recommend 150 minutes of moderate intensity activity per week for adults

**Talk to your doctor** – together, you can develop a treatment plan

**Manage your weight** – reduce stress on your joints and increase exercise

**Protect your joints** – walking, bicycling and swimming are low impact activities that put less stress on joints; be sure to wear protective equipment to reduce injuries



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