

SUNDAY MORNING Health Corner

Arthritis Awareness Month

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

Osteoarthritis is the most common form of arthritis that occurs primarily in the hands, hips, and knees. Obesity, infection, repetitive motions, and smoking can increase your chances of developing arthritis.

Managing Arthritis

- Develop a treatment plan with your doctor.
- Stretch: Commit to 10 minutes of daily, gentle stretching. Find a variety of useful videos on YouTube.
- Stay Active: Experts recommend 150 minutes of moderate intensity activity per week for adults.
- Manage your weight: This will reduce stress on your joints.
- Protect your joints: Walking, bicycling, and water exercises put less stress on joints. Avoid running and jumping.



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