COPING WITH ARTHRITIS

By 2040, it is estimated that almost 80 million Americans will be diagnosed with arthritis. If you already have been, follow these tips to manage pain.

Stay Active & Watch Your Weight

Keeping yourself at an average weight reduces pressure on your joints. Speak to your doctor to decide which exercises are right for you.

Take Your Medications

Keep up with any medication administered or recommended by your doctor, so you can effectively manage side effects and quality of life.

See Your Doctor

Early arthritis diagnosis is the key to the most effective treatment. Utilize followup visits to address any concerns or changes in your body's behavior.

Educate Yourself

Self-education, with the assistance of your doctor, will help you feel confident in your treatment strategies and choices.

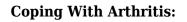
Stay Positive

Arthritis limits its victims from participating in activities that were once enjoyable. Ask your doctor about adapting your lifestyle to keep active in a way that eases your pain.



Coping With Arthritis

M Walker



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