

NATIONAL ARTHRITIS AWARENESS MONTH – GET INVOLVED

May is National Arthritis Month – a month-long focus intended to increase public attention of Arthritis and rheumatic diseases. Join the national awareness by educating your patients about Arthritis. This resource will provide information on the national scope of Arthritis, some of its most common forms, tips on prevention and disease management and how patients and others can get involved in raising awareness.

01 | Who is Affected?

Over 52 million Americans suffer from one of the many types of Arthritis – 300,000 thousand of which are children. According to the CDC, Arthritis is the nation's most common cause of disability, limiting the activities of 22.7 million citizens.

02 | Common Forms of Arthritis

Although Arthritis includes over 100 different rheumatic diseases and conditions, some of the most common types of Arthritis include:

- Osteoarthritis
- Rheumatoid Arthritis
- Lupus
- Fibromyalgia
- Gout

03 | Arthritis Prevention

There are many factors that contribute to Rheumatic Disease and Arthritis, including genetics, but there are steps you can take to prevent certain conditions. The following may help lower your risk as well as decrease pain and inflammation, and/or slow down the progression of the disease.

- Eat fish rich in Omega-3 fatty acids
- Weight control
- Exercise
- Avoid injury
- Control your blood sugar
- Protect your joints with the right gear & correct posture

04 | Resources

If you or a loved one has been diagnosed with rheumatic disease, the Arthritis Foundation can be a valuable source of information. Track your symptoms, nutrition, medications and more. Visit <http://www.arthritis.org/living-with-arthritis/tools-resources/>

For more information on how to become involved in the National Arthritis Awareness Month activities and show support, visit <http://www.arthritis.org/>

***Did You Know?**
1 in 5 people suffer from
Arthritis in the U.S.*

Sources:

<http://www.arthritistoday.org/about-arthritis/arthritis-prevention/prevention-of-arthritis.php>
<http://www.healthline.com/>
<http://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm>