

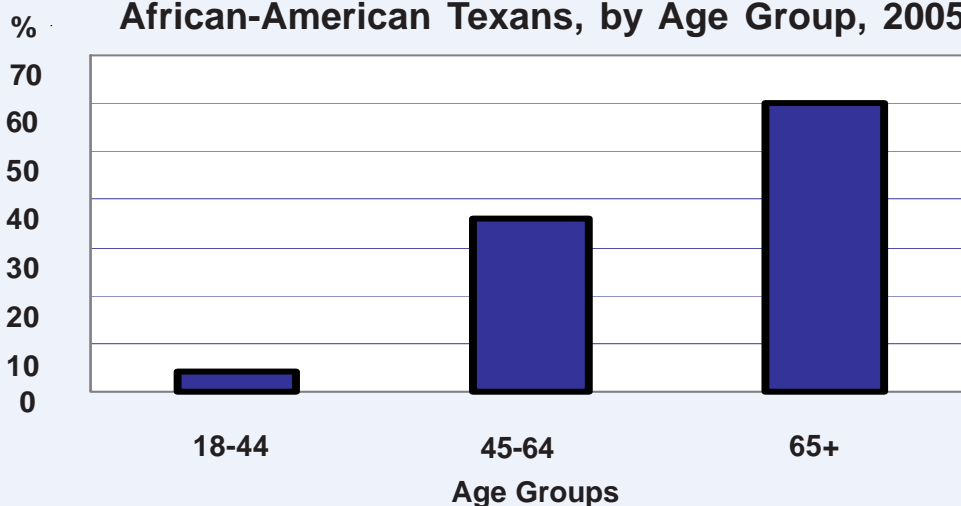
# ARTHRITIS

## in African-American Texans



Manage  
Your  
Arthritis!

Prevalence of Doctor-Diagnosed Arthritis in Adult African-American Texans, by Age Group, 2005\*



## Impact of Arthritis on African-American Texans

- An estimated 451,952 (25 percent) African-American Texans, aged 18 and older, have doctor-diagnosed arthritis.
- Twenty-eight percent of African-American Texas women have doctor-diagnosed arthritis compared to 20 percent of African-American Texas men.
- Forty-two percent of African-American Texans with doctor-diagnosed arthritis have limitations in their daily activities.
- Among African-American Texans aged 65 years and older, 60 percent have doctor-diagnosed arthritis.

\* Source: 2005 Texas Behavioral Risk Factor Surveillance System (BRFSS)

## What is Arthritis?

Arthritis is one of the most prevalent diseases in the United States and the leading cause of disability among adults. Common symptoms include pain, aching, stiffness, and swelling in or around the joints. Common forms of arthritis include Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia and Juvenile Arthritis. However, arthritis can be seen in over 100 different conditions ranging from mild to life-threatening.

### For more information contact:

Texas Arthritis Program  
Texas Department of State Health Services  
1100 West 49th Street  
Austin, Texas 78756-3199  
P: 512-458-7200 F: 512-458-7254  
[www.texasarthritisprogram.org](http://www.texasarthritisprogram.org)



## Arthritis Management Checklist

- Pay Attention To Symptoms
  - *schedule an appointment and get a doctor diagnosis*
- Listen To Your Doctor
  - *follow your treatment plan and take the medications prescribed*
- Control Your Weight
  - *eat right and exercise 30 minutes per day*
- Relieve Stress
  - *take time to do something fun or relaxing*
- Stop Smoking
  - *if you smoke - stop, if you don't smoke - don't start*

Source: Arthritis Foundation

## Tips For Managing Your Arthritis

- Get diagnosed for joint pain lasting more than two weeks.
- Consult with your doctor about medications not working well or causing undesirable side effects.
- Control your weight by eating a well-balanced diet consisting of at least five servings of fruits and vegetables daily and exercising regularly including taking a walk, riding a bike, going for a swim, or dancing.
- Relieve stress by scheduling a massage, taking a warm bath, reading a book, or listening to music.
- Stop smoking by calling the Quitline at 1-877-937-7848.
- Contact the Arthritis Foundation at 1-800-442-6653 about available local exercise programs and resources.



Useful web sites for  
more information:

- [www.cdc.gov/arthritis](http://www.cdc.gov/arthritis)
- [www.niams.nih.gov](http://www.niams.nih.gov)
- [www.rheumatology.org](http://www.rheumatology.org)
- [www.arthritis.org](http://www.arthritis.org)
- [www.fmaware.org](http://www.fmaware.org)