

ARTHRITIS

THINGS TO KNOW...

AWARENESS

What is Arthritis?

Arthritis is the pain, stiffness, and swelling of the joints and surrounding tissues, which can be seen in over 100 different conditions ranging from mild to life-threatening.

Common Forms of Arthritis

- Osteoarthritis
- Rheumatoid Arthritis
- Fibromyalgia
- Juvenile Arthritis



Photo Credit: Arthritis Foundation

Common Risk Factors of Arthritis

Age: Risk increases with age.

Gender: Risk is higher among women than men.

Genetic Predisposition: Risk increases with family history of arthritis.

Weight: Risk increases among persons more than 10 pounds overweight.

Injury: Risk increases among persons with past joint injuries.

Infections: Risk increases among persons with certain types of bacterial and viral infections.

Certain Occupations: Risk increases among persons whose work-related activities involve heavy physical labor.

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

MAKING A DIFFERENCE...

CHANGE

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.



Photo Credit: Arthritis Foundation

For more information contact:

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