

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

Arthritis Foundation

[www.arthritis.org](http://www.arthritis.org)

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Kids Get Arthritis Too

[www.kidsgetarthritistoo.org](http://www.kidsgetarthritistoo.org)

National Institute of Arthritis and Musculoskeletal and Skin Diseases

[www.niams.nih.gov](http://www.niams.nih.gov)

**Reduce Your Risks Month**

**Information Resources:**

**Arthritis**

* There are more than 100 different types of arthritis and related conditions.
* Arthritis is the leading cause of disability in the United States.
* Arthritis is most common in women and older people.
* Common arthritis symptoms include swelling, pain, stiffness, and decreased range of motion.
* Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as joints.
* There are 4 different basic categories or types of arthritis:
	+ Degenerative, including Osteoarthritis, the most common form of Arthritis;
	+ Inflammatory, such as Rheumatoid and Psoriatic;
	+ Infectious, occurs when bacterial, virus or fungus enters the joint and causes inflammation; and,
	+ Metabolic, where uric acid build up causes needle-like crystals in the joints resulting in spikes of extreme joint pain or a gout attack.

# Facts:

**Available Services:**

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What services are available either locally or statewide?

Can add hyperlinks here too!

Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease their pain, improve function, stay productive, and lower health care costs.

Key self-management activities include the following:

* Develop Your Skills—Self-management education, such as the Arthritis Foundation Self Help Program (AFSHP), or the Chronic Disease Self-Management Program (CDSMP) help you develop the skills and confidence to manage your arthritis on a day to day basis. For example, AFSHP has been shown to reduce pain even 4 years after participating in the program.
* Be Active—Research has shown that physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least 3 days a week. You can get activity in 10-minute intervals. Read about the physical activity programs the CDC recommends for people with arthritis.
* Watch Your Weight—Prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis and may decrease disease progression. A loss of just 11 pounds can decrease the occurrence (incidence) of knee osteoarthritis.
* See Your Doctor—Although there is no cure for most types of arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis. For example, early use of disease-modifying drugs can affect the course of rheumatoid arthritis. If you have symptoms of arthritis, see your doctor and begin appropriate management of your condition.
* Protect Your Joints—Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.