

Arthritis can hurt, but moving helps

Getting older can sometimes mean moving more slowly, with a creaky joint or two. But if your joints hurt a lot and make it hard to get around, you may have arthritis. The risk of arthritis increases as you age, but anyone can be affected. According to the Centers for Disease Control and Prevention, 52.5 million adults have arthritis, and 294,000 kids have arthritis or other related conditions. There is usually not a known cause for arthritis, but there are ways to make it hurt less.



Photo above by Nadofotos, below by Michellegibson, courtesy iStockphoto

Quick facts on arthritis:

1 Signs of arthritis are constant pain, aching, stiffness and swelling around the joints. The most common type is osteoarthritis, which wears down cartilage between joints.



2 Men are more likely to have gout, a non-inflammatory type of arthritis with build-up of uric acid. Women are more likely to have rheumatoid arthritis, which inflames joint lining, and lupus, which can damage joints and organs.

3 Some arthritis types can't be prevented. But staying at a healthy weight and doing exercise can prevent osteoarthritis.

4 Moderate low-impact exercise can help ease the pain of arthritis. Biking, swimming and walking can all be good ways to work out safely.

5 Juvenile arthritis can affect kids. Warning signs are limping from stiff joints, clumsiness, high fever and rash. Parents of kids with juvenile arthritis should bring together a health care team with specialists to improve care.



>> For more information on arthritis, visit www.cdc.gov/arthritis

HOW CAN WELLNESS@WORK HELP?

- Referrals to assist with diagnosis and treatment
- Weight management to help prevent or lessen arthritis pain
- O2 Gym membership and/or Town Employee Swimmers can provide moderate low-impact exercise to help ease arthritis pain

