

working with ARTHRITIS.....

winning strategies

strategies that work!

See your doctor if you have pain, swelling, stiffness or problems moving one or more joints for more than two weeks. Only a doctor can tell you if you have arthritis.

- **physical activity**
- **weight control**
- **prevention/self management programs**

Programs exist in the community that complement physician care and greatly improve the confidence one has in managing their arthritis. Studies have shown these programs to be cost-effective but shockingly underutilized. Programs sponsored by the Arthritis Foundation include the following:

PACE (people with arthritis can exercise)

gentle, low impact land-based exercise class

AQUATICS

warm water exercise program

ASHC (arthritis self help course)

group education will stress the importance of exercise, relaxation, ways to save energy, joint protection, the role of medication and nutrition, and coping skills for depression, pain and other problems related to arthritis

Studies indicate that the benefits of ASHC have significantly **reduced** the number of doctor visits by **40%** with an estimated **savings** of **\$320** per person over four years. Pain was **decreased** by **20%** to improve the quality of life of those impacted. *CDC, BRFSS 2002

for more information:

Arthritis Prevention & Education Program

Oklahoma State Department of Health • 1000 NE 10th St. • Rm 508 • OKC, OK • 73117

[ph] 405.271.9444 x 56410 [f] 405.271.1225 [email] marisan@health.ok.gov

www.health.ok.gov/program/lapep • design by sara c. ramsey



facts:

ARTHRITIS includes more than 100 diseases and conditions affecting the joints, surrounding tissues, and other connective tissues.

728,000 adult Oklahomans (28%) report having doctor-diagnosed arthritis, another **444,000** (17%) have possible arthritis.

Of those diagnosed with arthritis, an estimated **38.5%** adult Oklahomans report that their arthritis or joint symptoms affect their ability to work, the type of work they do, or the amount of work they do-work for pay.

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