

BASIC FACTS ABOUT ARTHRITIS



*The Oklahoma Arthritis Network is a statewide coalition whose **Mission** is to increase public awareness about arthritis and related conditions and to maximize the quality of life for Oklahomans affected by these conditions through the development of resources, promotion of access to appropriate health care management, and the provision of education.*

The Oklahoma Arthritis Network meets on the first Thursday of each month at the Oklahoma State Department of Health, 1000 NE 10th St. in Oklahoma City. For more details call (405) 271-6127.



Arthritis is the leading cause of disability in the United States

Warning Signs of Arthritis?

- Pain
- Swelling
- Stiffness
- Problems moving one or more joints

If you have any of these signs in or around a joint for more than two weeks, it's time to see your doctor. Only a doctor can tell if it's arthritis.

Treatments for Arthritis



- Medicines (prescriptions or over-the-counter) can help reduce pain and swelling.
- Exercise lessens pain, increases movement, reduces fatigue and helps you look and feel better. Rest/relaxation saves your energy by switching periods of activity with periods of rest.
- Use of heat or cold over joints or muscles may give you short-term relief from pain and stiffness and help prepare you for exercise.
- Self-help aids have special features that help make everyday tasks easier.
- Joint protection makes it easier to do daily tasks by avoiding extra stress on your joints.
- Surgery can help in some cases when other treatments have failed, but most people with arthritis will never need it..
- Self-help skills help you learn how to manage your arthritis symptoms and how they affect your daily life.