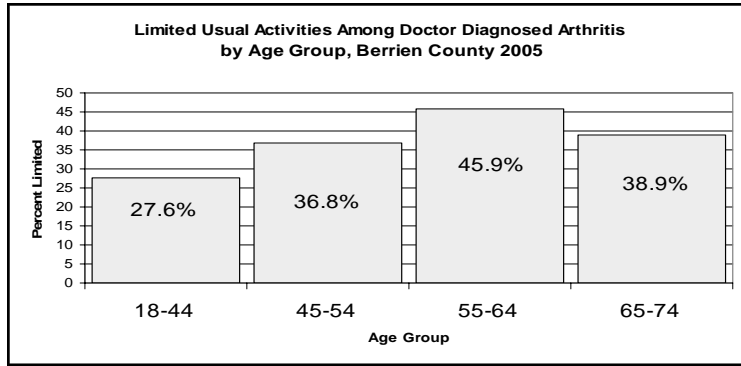




Arthritis



WHAT YOU SHOULD KNOW

The word arthritis actually means joint inflammation. The term arthritis is used to describe more than 100 conditions that affect joints and their surrounding tissues. The symptoms can vary depending on the specific form of the disease. Typically, conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain conditions can also involve the immune system and various internal organs of the body. Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease 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.

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.

Watch Your Weight—The incidence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis. A loss of just 11 pounds can decrease the occurrence (incidence) of knee arthritis.

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.

Protect Your Joints—Joint injury can lead to arthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more arthritis.

Statistics



- ◆ Arthritis is the leading cause of disability in the United States, limiting the activity of more than 17 million adults.
- ◆ Females are more likely than males to be diagnosed with arthritis in Berrien County (38.3% of females compared to 28.8% of males).
- ◆ Physical activity improves function and mental health among people with arthritis, but 37% of adults with arthritis are inactive.
- ◆ Adults in Berrien County with less than a high school education are more likely to be diagnosed with arthritis.
- ◆ By 2030, nearly 67 million of U.S. adults (25%) will have doctor-diagnosed arthritis.
- ◆ Caucasians are more likely than African-Americans to be diagnosed with arthritis in Berrien County (35.1% of Caucasians versus 25.1% of African-American).
- ◆ In Berrien County, 33.8% of adults reported having been diagnosed with arthritis, which is higher than both the state and the nation.
- ◆ Adults 45+ years are more likely to be diagnosed with arthritis.

Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



REDUCE YOUR RISK

June is reduce your risk month. The Berrien County Health Department will provide you with information throughout the month on chronic health conditions such as diabetes, arthritis, asthma, and substance abuse. Chronic diseases can often be prevented or minimized by healthy eating and exercise. For more information on any of these topics, please call the health department at 926-7121. Happy Summer!



Currently, the Center for Disease Control and Prevention is recommending physical activity to attempt to relieve pain and increase the ability to perform daily functions for those suffering from arthritis.

For more information on programs in your area for arthritis management, contact:

**West Michigan Region
Arthritis Foundation
(800) 968-3030
Office Hours: 9 am to 5 pm
Monday-Friday**

Take Control of Your Arthritis!

The Berrien County Health Department has five locations to serve you:

Benton Harbor	M-139 Office	School Based	Niles	Three Oaks
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008
926-7121	927-5623	925-4500		

Or visit us on the web at www.berriencohthdept.org

This page is sponsored by the Berrien County Health Department

