Arthritis is one of the most common diseases in the country. Millions of adults and half of all people age 60 and older are troubled by joint disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

Osteoarthritis (OA) is the most common type of arthritis in older people. OA is the wear and tear that happens to cartilage as a joint wears out. OA can also cause problems in the bones of joints, particularly when OA is severe. OA in the knees can be a painful, red, and swollen joint. OA leads to a joint. Gout attacks the big toe, but it can affect other joints. It can also attack organs such as the kidney, liver, dried beans, peas, anchovies, or gravy. Using alcohol, being overweight, and certain medications might also take a sample of fluid from the joint if you have an attack. Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (which mostly affects the spine), reactive arthritis (arthritis that occurs as a reaction to another illness in the body), and anilactoid arthritis in the temporomandibular joint (where the jaw joint is called).

Warning Signs
You might have some form of arthritis if you have:

• Lasting joint pain.
• Joint swelling.
• Tenderness or pain when touching a joint.
• Problems using or moving a joint normally.
• Warmth and redness in a joint.

If any of these symptoms lasts longer than 2 weeks, you may need to see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your health care provider without a prescription. Other NSAIDs must be prescribed by a doctor. But in 2005, the U.S. Food and Drug Administration (FDA) warned people about the possible side effects of some NSAIDs if held with a drug without a prescription. You should read the warnings on the package or insert that comes with the drug.

Talk to your doctor about if and how you should take an acetaminophen or NSAIDs for your arthritis pain. You can also check with the FDA for more information about these drugs.

Treatments for arthritis are special for each common type of arthritis. Osteoarthritis. Medicines can help relieve pain in OA. Regular exercise will make it easier for you to move your joints. Keeping your weight down is a good idea. If pain from OA in your knees is very bad, it might be worth trying a brace. The brace can help you to move your knee and get about walk your way.

People with RA often don’t feel well. They might say that the skin can help pull tightly around the joint and make it more common in women. RA can attack almost any joint in the body, including the joints in the fingers, elbows, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, the same joint on the other side of your body will probably have RA. OA not only destroys joints. It can attack any region in the body, as the heart, muscles, blood vessels, nervous system, and eyes.

One of the most painful forms of arthritis. An attack can begin slowly, but there may be some common treatment choices. Rest, exercise, a healthy weight, medication, and learning the right way to use and protect your joints are key to living with OA. You can talk to your doctor about if and how you should take an acetaminophen or NSAIDs for your arthritis pain. You can also check with the FDA for more information about these drugs.
Arthritis Advice

"Arthritis" is not just a word doctors use when they talk about painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic. That means they can go for a long period of time.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel—swelling, warmth, and redness in your joints. In some cases, OA and RA last only a short time, but it is very bad. Other types cause less troublesome symptoms, but slowly damage your joint.

Common Kinds of Arthritis

Arthritis is one of the most common diseases in the country. Millions of adults and half of all people age 60 and older are troubled by this disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

Osteoarthritis (OA) is the most common type of arthritis in older people. When they talk about arthritis, OA usually begins to become ragged and weakens over time. Cartilage is the tissue that pads bones in a joint. As OA occurs, worst of all, the cartilage in a joint wears away, leaving holes that rub against each other. Some forms are more likely to have OA in your hands, neck, or elbow. Other forms are large weight-bearing joints of your body, such as knees and hips.

OA usually begins with pain and stiffness, and swelling, warmth, and redness in your joints. In some cases, OA and RA last only a short time, but it is very bad. Other types cause less troublesome symptoms, but slowly damage your joint.

Joint stiffness, last for hours. This is a reaction to another illness in the body, including the joints in the big toe, but it can affect other joints, including your ankle, elbow, knee, wrist, hand, or other toe.

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If any of these symptoms last longer than 2 weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your health care provider without a prescription. Your health care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before treating a problem.

Treat ing a problem.

Each kind of arthritis is handled in a different way, but there are some common treatment choices. Rest, exercise, a healthy, weight-control diet, and, and learning the right way to use and protect your joints are key to living with any kind of arthritis. In the right shoes and a cane can help with pain in your foot or heel, and hips, and with walking. You can also check with the FDA or the National Institute on Aging (NIH) for more information about OA in joints such as knees, hips, ankles, feet, and neck.

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Treat ing a problem.

Each kind of arthritis is handled in a different way, but there are some common treatment choices. Rest, exercise, a healthy, weight-control diet, and, and learning the right way to use and protect your joints are key to living with any kind of arthritis. In the right shoes and a cane can help with pain in your foot or heel, and hips, and with walking. You can also check with the FDA or the National Institute on Aging (NIH) for more information about OA in joints such as knees, hips, ankles, feet, and neck.
Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 60 and older are troubled by a type of arthritis known as osteoarthritis.

Common Kinds of Arthritis

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 60 and older are troubled by a type of arthritis known as osteoarthritis.

Arthritis Advice

“Arthritis” is not just a word doctors use; when they talk about painful, stiff joints, they are referring to arthritis, which is a group of diseases that can affect the joints. There are many kinds of arthritis, each with different symptoms, but still slowly changes you can see and feel—swelling, warmth, and redness in your joints. In some parts, swelling and redness last only a short time. But in other cases, they can go on for a long period of time.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause chronic pain, but are very bad. Other forms can cause problems moving your joints. Osteoarthritis (OA) is the most common type of arthritis in older people. It can cause your joint to begin to become ragged and worn away. Cartilage is the tissue that pads bones in a joint. OA’s worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. Older people are most likely to have OA in their hand, neck, or elbow. OA affects large weight-bearing joints of your body, such as knees and hips. OA causes changes from stiffness and mild pain that comes and goes with activities like walking, bending, or stooping to severe joint pain that keeps on even when you rest or try to sleep. Some OA causes your joints to feel stiff when you haven’t moved them in a while, like after sleeping. Bone can become rougher; the roughness makes it harder to move the joint. In time OA can also cause problems moving the joint. OA can sometimes be very painful. People with RA often don’t feel well. They may have pain that can help with pulling tightly around the joint and make it easier for you to move your knees, hands, or feet. Pain can come from RA in the body, including the joints in the fingers, toes, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, other side of your body will probably have RA. RA not only destroys joints. It can also attack other organs in the body, such as the heart, muscles, blood vessels, nervous system, and eyes.

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, that means your immune system begins to see your joints as foreign, and your immune system begins to attack or damage the joint. You might have some form of arthritis if you have:

- Lasting joint pain.
- Joint swelling.
- Joint stiffness.
- Tenderness or pain when touching a joint.
- Problems using or moving a joint normally, or Warmth and redness in a joint, or

If any one of these symptoms lasts longer than 2 weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. You or your care provider still ask questions about your symptoms and do a physical exam. He or she may take you or do lab tests before treating arthritis.

Treatings Arthritis

Each kind of arthritis is handled a little differently, but there are some common treatment choices. Rest, exercise, a healthy, well-balanced diet, and learning the right way to use and protect your joints are key to living with any kind of arthritis. The right shoes and a cane can help with pain in your feet, knees, and hips when walking. You can also find gadgets to help you open jars and bottles, or turn the door knobs in your house more easily.

In addition, there are also medications that can help with pain and swelling. Acetaminophen can safely ease arthritis pain. Some NSIDs (nonsteroidal anti-inflammation drugs), like aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs) can also be used without a prescription. Other NSAIDs must be prescribed by a doctor. But in 2005, the U.S. Food and Drug Administration (FDA) warned people about the possible side effects of some NSAIDs and told with or without a prescription. You should read the warnings on the package or insert that comes with the drug. Talk to your doctor about if and how to use any aspirin, acetaminophen or NSIDs for your arthritis pain. You can also check with the FDA for more information about these drugs.

The treatments are special for each common type of arthritis.

Osteoarthritis

Medicines can help ease symptoms of OA. Rest, physical exercise will make it easier for you to move your joints. Keeping your weight down is a good idea. If pain from OA in your knee is very bad, an orthopedic can cut a piece of your bone.

Rheumatoid Arthritis

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Osteoarthritis (OA) is the most common type of arthritis in older people. OA can begin at any age. In OA, cartilage begins to become ragged and tears away. Cartilage is the tissue that padding bones in a joint. OA's worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. You are most likely to have OA in your hands, neck, lower back, or knees. OA may also cause problems in weight-bearing joints of your body, such as knees and hips. OA symptoms can range from mild pain to severe joint pain.

Osteoarthritis (OA) is an autoimmune disease. In RA, that which causes your body to treat your joints like foreign invaders. This reaction can cause pain, swelling, redness, heat, and movement problems in your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can happen on any of the different joints at the same time. You might not even be able to move the joint.

People with RA often don't feel well. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Your doctor might suggest blood tests and x-rays. He or she might also take a sample of fluid from your joint while you are having an attack. Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (in people with the back and pelvis), and arthritis in the temporomandibular joint (the joint that moves your jaw).

Warmth and redness in a joint. For example, if you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. Your care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before suggesting a treatment plan.

Treating Arthritis

Each kind of arthritis is handled a little differently, but there are some common treatment choices. Rest, exercise, a healthy, well-balanced diet, and learning the right way to use and protect your joints are key to living with any kind of arthritis. The right shoes and a cane can help with pain in the feet, knees, hips, and hands when walking. You can also find gadgets or other products to help you open jars and bottles, or to turn the doorknobs in your house more easily.

In addition, there are also medicines that can help with the pain and swelling. Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, might also work for you. NSAIDs must be prescribed by a doctor. But in 2005, the U.S. Food and Drug Administration (FDA) warned people about the possible side effects of some NSAIDs. NSAIDs are sold with or without a prescription. You should read the warning on the package or insert that comes with the drug. Talk to your doctor about if and how long you should take an acetaminophen or NSAIDs for your arthritis pain. You can also check with the FDA for more information about these drugs.

Your treatment plan is special for each common type of arthritis.

Other forms of arthritis include reactive arthritis (arthritis that occurs as a reaction to another illness in the body), and arthritis in the temporomandibular joint (the joint that moves your jaw).

Warning Signs: You may have a different form of arthritis if you have:

- Lasting joint pain.
- Joint swelling.
- Joint stiffness.
- Tenderness or pain when touching a joint.
- Problems using or moving a joint normally.
- Warmth and redness in a joint.

If any one of these symptoms lasts longer than 2 weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. Your care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before suggesting a treatment plan.

Common Kinds of Arthritis

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 60 and older are troubled by this disease. Old age is what most often puts you at risk for OA. Other than that, what causes OA's joint pain is not really known. Other side of your body will probably have RA. RA not only destroys joints. It can also cause organs to swell, including the heart, muscles, blood vessels, nervous system, and eyes.

One of the most painful forms of arthritis. An attack can begin with a feeling that you have a cut or a scrape in the connective tissue and/or joints spaces. These deposits lead to swelling, pain, and inflammation. Rheumatoid arthritis (RA) attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, it would become inflamed, red, and swollen. RA leads to inflammation in your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can happen on any of the different joints at the same time. You might not even be able to move the joint.

Exercise will make it easier for you to move your joints. Keeping your weight down is a good idea. If pain from OA in your knee is very bad, your doctor might suggest a sample of fluid from your joint while you are having an attack. Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (in people with the back and pelvis), and arthritis in the temporomandibular joint (the joint that moves your jaw).
Aerobic or endurance exercises, like bicycling, riding, make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may lessen swelling in joints. The National Institute on Aging (NIA) has a free 8-page booklet on how to start and stick with a safe exercise plan.

Exercise Can Help
Along with taking the right medicines and properly resting your joints, exercise is a good way to stay fit, keep muscles strong and supple, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, lessens pain, and makes muscles strong enough to support and protect your joints.

Other Things to Do
Along with exercise and weight control, there are other ways to ease your pain and stiffness: focus on what you can do, eat foods that keep you flexible, and help you keep moving your joints.

Stronger exercises, such as weight training, will keep or add to muscle strength. Strong muscles support and protect your joints.

Rheumatoid Arthritis.
With treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. You may find it easier to move around, and you will feel better. In addition to pain and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs, called DMARDs (disease-modifying anti-rheumatic drugs). These slow damage done by the immune system. They sometimes help people with mild-to-moderate RA when other treatments have not worked.

Gout.
If you have had an attack of gout, talk to your doctor to learn who you had the attack and how to prevent future attacks. The most common treatment for an acute attack of gout is to take nonsteroidal antiinflammatory drugs or corticosteroids like prednisone. This reduces swelling, so you may start to feel better within a few hours after treatment. The attack usually goes away within a few days. If you have had several attacks, your doctor can prescribe medicines to prevent future ones.

Talk to Your Doctor
Most importantly, do not take for granted that your pain and arthritis from getting worse. More information is needed before anyone can be sure.

Unproven Remedies
Many people with arthritis try remedies that have not been tested or proven helpful. Some of these, such as snake venom, are harmful. Others, such as copper bracelets, are harmless but also unproven. How can you tell that a remedy may be unproven?

✦ The remedy claims that a treatment, like a lotion or cream, works for all types of arthritis and other diseases, to find out how they work and if they keep the joint changes from getting worse. More information is needed before anyone can be sure.

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Areas for Further Research

Recent studies suggest that Chinese acupuncture may ease OA pain for some people. Others try dietary supplements, such as glucosamine and chondroitin. Research now shows that these two dietary supplements may help lessen your OA pain. Scientists are studying alternative treatments, such as these two supplements, to find out how they work and if they keep the joint changes from getting worse. More information is needed before anyone can be sure.

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Anti-inflammatory medicines, your doctor can prescribe medications to prevent future flares.

Exercise Can Help
Along with taking the right medicines and properly resting your joints, exercise is a good way to stay fit, keep your joints moving, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, lessens pain, and makes muscles around the joints stronger.

Three types of exercise are best if you have arthritis:

- Range-of-motion exercises, like dancing, help keep your joints flexible, and help you keep moving your joints.
- Strengthening exercises, such as weight training, will keep or add to muscle strength. Strong muscles support and protect your joints.

Other Things to Do
Along with exercise and weight control, there are other ways to ease your arthritis pain.

You might find comfort by applying heat or cold, soaking in a warm bath, or swimming in a heated pool.

Your doctor may suggest surgery when your joint damages disabling or when other treatments do not help with pain. Surgeons can replace damaged parts of your joint with artificial (man-made) ones. In the most common operations, doctors replace hips and knees.

Unproven Remedies
Many people with arthritis try remedies that have not been tested or proven helpful. Some of these, such as serpent venom and acupuncture, are harmful.

How can you tell that a remedy may be unproven?

- The remedy claims that a treatment is especially good for people who are young and getting arthritis are just part of growing older normally. You and your doctor can work together to lessen the pain and stiffness that might be troubling you and to prevent or manage to your joints.

For More Information
Here are some helpful Federal and non-Federal resources.

National Institute of Arthritis and Musculoskeletal and Skin Diseases
NIAMS Scientists are studying alternative treatments, such as these two supplements, to find out how they work and if they keep the joint changes caused by arthritis from getting worse. More information is needed before anyone can be sure.

Talk to Your Doctor
Most importantly, do not take any drug, herbal remedy, or supplement that is considered experimental.

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Aerobic or endurance exercises, like bicycling, make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body.

Aerobic exercises also lessen muscle pain and swelling.

The National Institute on Aging (NIA) has a free 38-page booklet on how to start moving and stick with a safe exercise program.

The Institute also has a 48-minute companion video. See the last panel of this Age Page for more information. Before beginning any exercise program, talk with your doctor or health care worker.

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To get the NIA’s exercise book or video for more information on health and aging, contact:

National Institute on Aging Information Center
P.O. Box 6007
Gaithersburg, MD 20898-8057
866-464-3615 (TTY/toll-free)
888-644-6226 (toll-free)
www.nia.nih.gov

American College of Rheumatology / Association of Rheumatology Health Professionals
1600 Century Place
Suite 250
Atlanta, GA 30354-4905
404-577-9772
www.acrnet.org

Arthritis Foundation
P.O. Box 7619
Atlanta, GA 30357-0669
800-548-4045 (toll-free) or check the telephone directory for your local chapter

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without pain. Some people have surgery to repair or replace damaged joints.

Rheumatoid Arthritis. With treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. You may find it easier to move around, and you will feel better. In addition to drugs and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs. They can slow damage from the disease. Medicines like prednisone, known as corticosteroids, can ease swelling while you take DMARDs to take effect. Another type of medicine, biologic response modifiers, can help people whose disease is still active.

Aerochex or endurance exercises, like bicycling, make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Exercise can help reduce the pain that comes with arthritis, make muscles around the joints stronger. Three types of exercise are best if you have arthritis:

- Range-of-motion exercises, like dancing, relieve stiffness, keep you flexible, and help you keep moving your joints.
- Strengthening exercises, such as weight training, will keep or add muscle strength. Strong muscles support and protect your joints.
- Aerobic or endurance exercises, like bicycling, make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Exercise can help reduce the pain that comes with arthritis, make muscles around the joints stronger.

The National Institute on Aging (NIA) has a free 8-page booklet on how to start and stick with a safe exercise program. The Institute also has a 48-minute compact disk called “Exercise Can Help.” To get a copy, look for the poster of this Age Page for more information. Before beginning any exercise program, talk to your doctor or health care worker.

Other Things to Do
Along with exercise and weight control, there are other ways to ease the pain of OA.

- You might find comfort by applying heat or cold, soaking in a warm bath, or swimming in a heated pool.
- Your doctor may suggest surgery when damage to your joints becomes disabling or when other treatments do not help with pain. Surgeons can help relieve your OA pain with artificial (man-made) ones. In the most common operations, doctors replace hips and knees.

Unproved Remedies
Many people with arthritis try remedies that have not been tested or proven to be helpful. Some of these, such as snake venom, are harmful. Others, such as copper bracelets, help cartilage, but also unpun.

How can you tell that a remedy may not work? The remedy claims that a treatment, like a lotion or cream, works for all types of arthritis and other diseases,

- The label has no directions for use or warning about side effects.

Areas for Further Research
Recent studies suggest that Chinese acupuncture may ease OA pain for some people. Others try dietary supple-
ments, such as glucosamine and chondroitin. Research now shows that these two dietary supplements may help lessen your OA pain. Scientists are studying alternative treatments, such as these two supplements, to find out how they work and if they keep the joint changes caused by arthritis from getting worse. More information is needed before anyone can be sure.

Talk to Your Doctor
Most importantly, do not take any treatments that you have not learned about from your doctor and other health professionals. Make sure your doctor and other health professionals are familiar with OA.

Arthritis Foundation P.O. Box 7269 Atlanta, GA 30354-4500 800-455-4577 www.arthritis.org

For More Information
Here are some helpful Federal and non-Federal resources.

National Institute of Arthritis and 
Musculoskeletal and Skin Diseases
NIAMS Information National Clearinghouse
AMA Circle Bethesda, MD 20892-3573 877-22-NIAMS (877-226-4267, tollfree) 301-495-2066 (TTY)

To get the NIAs exercise book or videos for more information on health and aging, contact:

National Institute on Aging Information Center P.O. Box 8057 Gaithersburg, MD 20887-8057 800-222-2225 (tollfree) 800-222-4225 (TDD/tollfree) www.nia.nih.gov

To order publications (in English or Spanish) or sign up for regular email alerts, visit www.nia.nih.gov/ HealthInformation

Visit NIHseniorHealth.gov, a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health information for older adults. There are also special features that make it simple to use. For example, you can click a button to have the text read out loud or to make the type larger.

Visit NCCAM.swh.gov (www.nccam.nih.gov), a senior-friendly website from the National Institute of Complementary and Alternative Medicine at NCCAM Clearinghouse P.O. Box 7925 Gaithersburg, MD 20898 888-444-6266 (tollfree) 866-446-3615 (TTY/tollfree) www.nccam.nih.gov

American College of Rheumatology/ Association of Rheumatology Health Professionals 1800 Century Place Suite 250 Atlanta, GA 30345-4500 404-455-5777 www.rheum.com

Rheumatology Association of Rheumatology Health Professionals

Rheumatology Association of Rheumatology Health Professionals
without pain. Some people may have surgery to repair or replace damaged joints.

Rheumatoid Arthritis. With treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. You may find it easier to move around, and you will feel better. In addition to pain relievers and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs to block the damage done by the disease. Medicines like prednisone, known as corticosteroids, can ease swelling while your doctor waits for DMARDs to take effect. Another type of drug, biologic response modifiers, blocks the damage done by the immune system.

Three types of exercise are best if you have arthritis:

✦ Range-of-motion exercises, such as dancing, relieve stiffness, keep you flexible, and help you keep moving your joints. Strenuous exercises, such as weightlifting, will add or maintain muscle strength. Strong muscle support and protect your joints.

✦ Aerobic or endurance exercises, like bicycling, running, or swimming, can make your heart and arteries healthier, help prevent weight gain, and improve your overall walking ability. It might take some time for your body to get used to this type of exercise, and you may start to feel better within a few hours after treatment. Exercise aerobic also may lessen swelling in some joints.

The National Institute on Aging (NIA) has a free 8-page booklet on how to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercises such as walking or swimming, helps keep joints moving, lowers pain levels, and strengthens muscles around the joints stronger. Three types of exercise are best if you have arthritis:

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