COPING WITH JOINT PAIN

Chronic arthritis pain, characterized by pain, pressure, stiffness, and/or swelling in the joints, is a condition suffered by approximately 50 million Americans.

GOOD SELF-CARE CAN PROVE JUST AS CRITICAL WHEN IT COMES TO SUCCESSFULLY TREATING AND MANAGING JOINT PAIN.

DEFINITION OF CHRONIC PAIN:

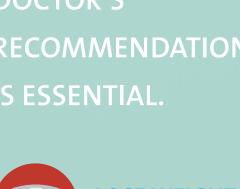
Technically, pain is considered chronic when it lasts three to six months or longer, but arthritis pain can last a lifetime.

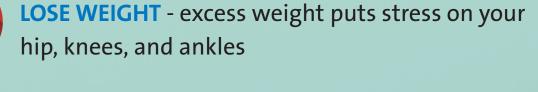
* SWELLING PRESSURE

STIFFNESS

PAIN

IF YOU HAVE ARTHRITIS, **FOLLOWING YOUR** DOCTOR'S **RECOMMENDATIONS** IS ESSENTIAL.





TREATMENTS - hot/cold — REDUCE swelling (cold) and RELAX muscles (hot)

MEDICATIONS/NONSTEROIDAL ANTI-

decreases inflammation (ask your doctor before taking)

INFLAMMATORY DRUGS -

23 million people with arthritis are limited in their ability to do daily activities, such as lifting, reaching, standing, bending, walking and climbing stairs.

GET MOVING - reduces pain, fatigue, and stiffness



INJECTIONS - relief of pain and inflammation



JOINT REPLACEMENT - restores function and restores mobility. Ask your doctor if you are a candidate

FOR EVALUATION **AND DIAGNOSIS**

SEE YOUR DOCTOR

For more information on joint pain, visit premierhealth.com/ortho

SOURCES: Arthritis Foundation

