

Take the Arthritis Self-Help Course

The Arthritis Self-Help Course encourages you to take positive steps in managing your arthritis.

People who have taken the six-week course report they have less pain and depression and are more confident in taking charge of their health.

Call **800-333-1380** to learn if there is a course being offered near you.



Learn more

The Minnesota Arthritis Foundation has many opportunities for you to learn more about arthritis. They offer courses such as “Take Control of Arthritis Pain” or “People With Arthritis Can Exercise” plus numerous brochures.

You may order brochures - a single copy is free - by calling **800-333-1380**.

- Unproven Remedies
- Aspirin & Related Medications
- Back Pain
- Bursitis, Tendinitis & Myofascial pain
- Diet & Nutrition
- Exercise & Your Arthritis
- Managing Your Fatigue
- Managing Your Pain
- Choosing a Health Plan
- A Guide to Laboratory Tests
- A Guide to Medication
- Research: On the Way to a Cure



444 Lafayette Road N.
St. Paul, MN 55155-3843
651-296-2770
www.mnaging.org



Minnesota Arthritis Project
Minnesota Dept. of Health
85 E. Seventh Place
St. Paul, MN 55101
651-281-9852
www.health.state.mn.us

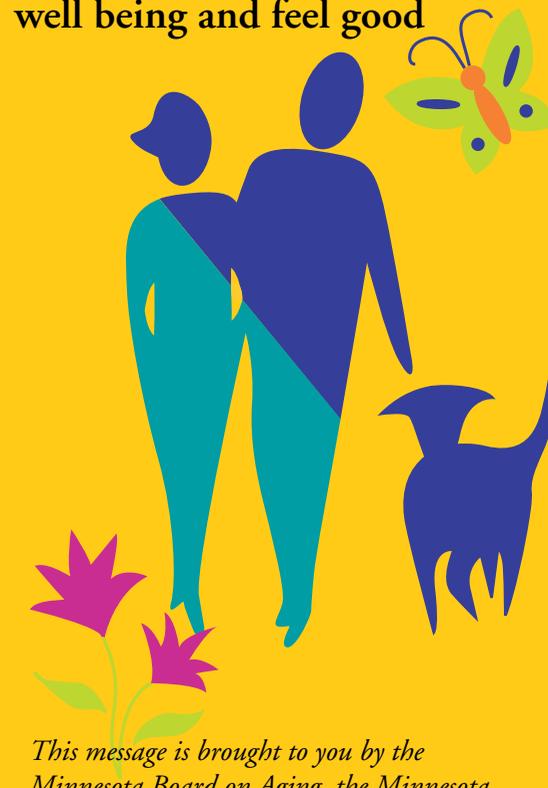


Arthritis Foundation Minnesota Chapter
1902 Minnehaha Ave W.
St. Paul, MN 55104
651-644-4108 or
800-333-1380
www.arthritis.org

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Arthritis doesn't have to slow you down

By taking a few simple steps, you can improve your overall well being and feel good



This message is brought to you by the Minnesota Board on Aging, the Minnesota Department of Health and the Arthritis Foundation Minnesota

People of all ages have arthritis, and almost half of Minnesota seniors have some form of it. Arthritis causes pain, swelling and changes in joints that limit movement.

But arthritis doesn't have to slow you down. If you think you have arthritis or you've been diagnosed with arthritis, there are steps you can take to prevent the disease from ruling your life.

First, see your doctor. It's important that you begin treatment early. Work with your doctor to find the best treatment for you.

Stay active

Physical activity keeps you independent by improving muscle strength and balance. Exercise keeps joints moving, reduces pain and strengthens muscles around the joints.

Choose activities you like - maybe gardening or dancing - so you will do them often. Try to get a total of 30 minutes each day, and you don't have to do all 30 minutes at once. If you haven't exercised much, check with your doctor before you begin.



Eat well

Eating well means eating foods that are good for you. Fruits and vegetables are health insurance with flavor! Eating more fruits and vegetables - five or more servings each day - gives you the important vitamins, minerals, and fiber you need to stay healthy and prevent disease in a convenient low fat package.

It's also important to drink plenty of water. Eight glasses a day are recommended.

Staying active and eating well will help you feel great and manage your weight, too.



Manage your arthritis – don't let it manage you!

Attitude is everything when it comes to arthritis pain. It's easy to feel helpless and depressed from the pain of arthritis, but these feelings often lead to decreased activity, which then leads to more pain.

Arthritis doesn't have to control your life. Making small changes can help you continue to do your favorite activities.

Work with your doctor to develop an arthritis management plan. List those things that work best and when you will use them.

Call the Arthritis Foundation at [800-333-1380](tel:800-333-1380) or visit their Web site at www.arthritis.org for tips on how to continue your favorite activities like golf or gardening.