



Health Tips from:

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(while supplies last)*

## *May is National Arthritis Month*

Striking one in every five adults and 300,000 children, arthritis is the leading cause of disability in the United States. Despite striking more than 50 million Americans, arthritis is an often misunderstood disease with a core of common myths surrounding it.

### *Learn the Facts*

Arthritis can affect people of all ages, races and genders. Of the more than 50 million Americans with arthritis, more than 36 million are Caucasians, more than 4.6 million are African-Americans and 2.9 million are Hispanic.

Arthritis can take many forms, but three of the common diseases that make up arthritis are:

- **Osteoarthritis (OA), the most common form of arthritis, is a progressive degenerative joint disease**
- **Rheumatoid Arthritis (RA), characterized by the inflammation of the membranes lining the joint, which causes pain, stiffness, warmth, swelling and sometimes severe joint damage.**
- **Juvenile Arthritis (JA) develops in children ages 16 and younger.**

Arthritis is serious health problem. By 2030, an estimated 67 million Americans will have a form of arthritis.

### *Every Day Solutions*

Arthritis is with you every day.

Try these smart tips

to help make daily tasks easier

- Alternate leading hands when possible.
- Alternate sitting and standing tasks.
- Alternate different types of motions.  
For example, switch between folding clothes and sweeping.
- Stand up and gently stretch every 15 minutes.

### *Coping with Arthritis*

- Stay Active
- Eat Well
- Lose Weight or Maintain a Healthy Weight
- Protect Joints

*Source: Arthritis Foundation –  
Visit [www.arthritis.org](http://www.arthritis.org) for more information or consult your physician*

What Is Arthritis?