



WORKING THE RHEUM

TIPS FOR LIVING BETTER WITH RA

Rheumatoid arthritis (RA) is a disease that affects the joints and that can involve many other body parts. You can improve your symptoms by eating right, staying active, getting rest and changing your lifestyle for the better. Try these tips for managing RA.

FUEL



Drink 48 to 64 oz. of water a day.



Eat fruits, vegetables, whole grains, nuts, seeds, olive oil, yogurt, cheese & salmon.



Eliminate added sugars & processed and fast foods.

ENERGIZE



Do yoga or tai chi to manage stress & relax.



Strengthen muscles around joints with weight training.



Try hand & finger exercises to increase flexibility & strength.



Wear sunscreen (some medications increase sensitivity to UV rays).



Use massage, deep breathing & other techniques to relax.



Open doors & move items with larger joints to protect small joints.

RECHARGE



Maintain consistent sleep with good sleep habits.



Get adequate exposure to bright light during the day.



Talk to a friend or counselor when anxious or depressed.



Manage stress with exercise, music and laughter.



Join a support group or club.

RHEUMATOID ARTHRITIS IS TREATABLE.

Watch for these symptoms, and don't wait to see the doctor:

Joint Pains

Joint Swelling

Joint Stiffness

Fatigue

Skin Nodules
(Bumps under the Skin)

Morning Stiffness
of the Joints

Stiffness after
Inactivity

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