

TIPS FOR LIVING BETTER WITH RHEUMATOID ARTHRITIS



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

RHEUMATOID ARTHRITIS IS TREATABLE.

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



- Morning Stiffness of the Joints
- Stiffness after Inactivity



- Fatigue
- Skin Nodules (Bumps under the Skin)

- Joint Pains
- Joint Swelling
- Joint Stiffness



If RA is not treated, inflammation can hurt your joints, resulting in structural damage.

TRY THESE TIPS FOR MANAGING RA



MOVE

Strengthen muscles around joints with weight training.

Try hand & finger exercises to increase flexibility & strength.

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

Do yoga or Tai Chi to manage stress & relax.



FUEL

Eliminate added sugars & processed and fast foods.

Drink 48 to 64 oz. of water a day.

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



MANAGE

Use massage, deep breathing & other techniques to relax.

Talk to a friend or counselor when anxious or depressed.

Manage stress with exercise, music and laughter.

Join a support group or club.



CARE

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

Get adequate exposure to bright light during the day.

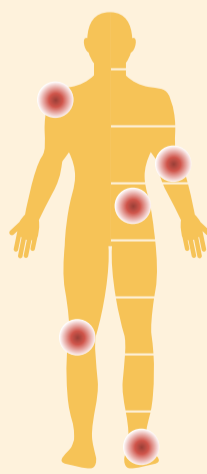
Maintain consistent sleep with good sleep habits.

Approximately



people in the U.S. have RA.

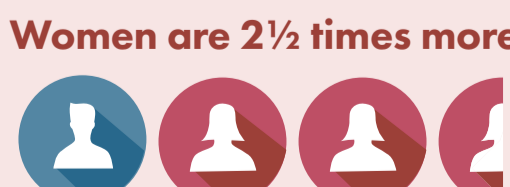
Talk to your doctor about prescription medications that can help you treat and manage your RA.



Severe cases of structural damage



caused by RA can lead to joint deformity.



Women are 2½ times more

likely to get RA than men.