



Facts about Arthritis

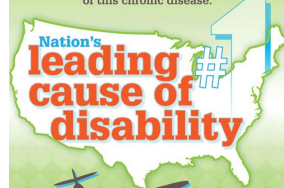
by NEWLIFEOUTLOOK TEAM

Arthritis Is All around Us

There are quite a few things that you can do to help you manage the symptoms of osteoarthritis in addition to taking the medications your doctor prescribes. Hot and cold therapy is one such therapy in which you use cold such as ice packs to reduce any inflammation that will occur around your joints and then use heat to relieve any pain or stiffness. There are special heat pads that you can get that you simply microwave in order to get them warm. These are good therapies to use after you've been doing some housework or other work that is beginning to cause a flare-up. You should take a break immediately to begin your hot and cold therapy.

ARTHRITIS IS ALL AROUND US!

We cannot afford to ignore the pain and toll of this chronic disease.

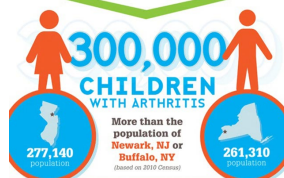
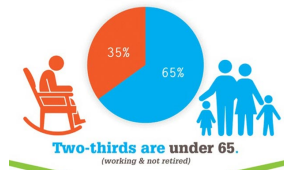


Today arthritis strikes **50 MILLION AMERICANS**

That's more than the **35+ million people** who died in **WORLD WAR I**.



NOT JUST A DISEASE OF OLD AGE



A teenager injured at **15** could have **osteoarthritis** by **25 or 30**.

COST PER YEAR U.S. ECONOMY



The annual budget of the National Institutes of Health (NIH) is **\$31.2 billion**. The **\$231 million** spent on arthritis research is **less than 1%** of the NIH budget.

Yet arthritis is the nation's leading cause of disability!