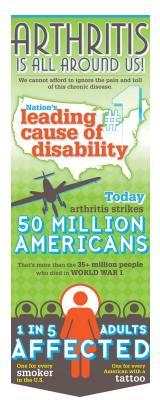


Facts about Arthritis

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.



NOT JUST A DISEASE OF OLD AGE

