



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.

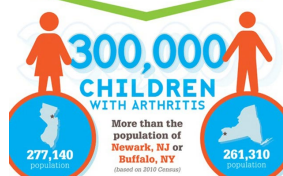
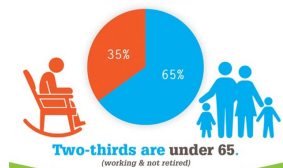


Today
arthritis strikes
**50 MILLION
AMERICANS**

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!