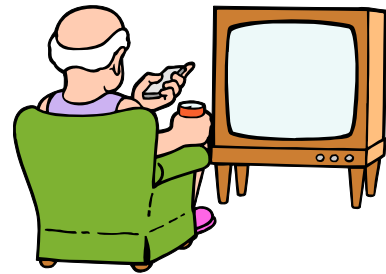


## Avoid Awful Arthritis Rip-Offs

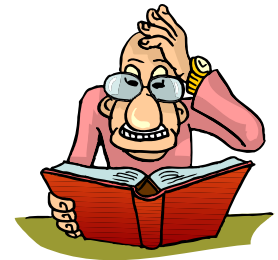
### Protect yourself from health scams and rip-offs:

- Question what you see or hear in ads or internet
- Newspapers, magazines, radio, and TV stations do not always check to make sure the claims in their ads are true
- Find out about a product before you buy it
- Don't let a sales person force you into a snap decision. Ask your doctor first.



### It is probably a rip-off if there is a:

- Promise a quick or painless cure
- Claim to be from a special, secret, or ancient formula — often only available by mail or from one sponsor
- Testimonials or undocumented case histories from satisfied patients
- Claim to be effective for a wide range of ailments
- Claim to cure a major disease, such as arthritis or cancer
- “Free” gift or a larger amount of the product as a “special promotion”
- Requirement for advance payment
- Claim of limited amounts of the product – so buy it now



### How can you tell that a remedy may actually work for you?

- The remedy claims that a treatment, such as a lotion or cream, works for all types of arthritis and many other diseases
- Scientific support comes from only one research study
- The label has no directions for use or warnings about side-effects

Adapted from:

National Institute on Aging, Age Page, Health Quackery: Spotting Health Scams,  
<http://www.niapublications.org/agepages/healthqy.asp>.

National Institute on Aging, Age Page, Arthritis Advice, <http://www.niapublications.org/agepages/arthritis.asp>.

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