

Arthritis: Treatments and Physical Activity

Osteoarthritis

- Medicine, rest, and exercise
- Keep weight down and ask your doctor if you should lose weight
- Severe pain may be treated with shots in the joint
- Surgery to repair or replace damaged joints

Rheumatoid Arthritis

- Treatment can slow or stop damage
- Acetaminophen, ibuprofen or naproxen
- Corticosteroids, such as prednisone
- DMARDs: disease-modifying antirheumatic drugs
- Other medications



Gout

- Ask your doctor to help you
 - Find out why you had an attack
 - How to prevent future attacks
- NSAIDs or corticosteroids (prednisone)
- Other medicines for severe attacks



Be Physically Active Everyday!

- Walking and swimming are very good
- Helps joints to move, lessens pain, and strengthens muscles around joints
- Three types helpful for arthritis:
 1. Range-of-motion: such as dancing, relieves stiffness, improves flexibility
 2. Strengthening: such as weight training, improves strength to protect joints
 3. Aerobic or endurance exercises: such as bicycling, improves overall health, helps prevent weight gain, and may lessen swelling in some joints

Other Helpful Tips

- Apply heat or cold, soak in a warm bath, or swim in a heated pool
- Surgery when joint damage becomes disabling or when other treatments do not help with pain. Hip or knee replacement is common.

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