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WORKPLACE WELLNESS

# ARTHRITIS Wellness Tips

## What is Arthritis?

The term arthritis refers to joint pain or joint disease. Arthritis impacts people of all ages, races, and sex. While some types of arthritis are more common as you age, arthritis is not considered a disease of aging. There are many types of arthritis and many different ways to try to combat the impact of arthritis.



**#1**  
cause of disability



It affects nearly  
**60 million**  
adults and 300,000  
children.



There are over  
**100 types**  
of arthritis.



It is most common  
**in women.**



**Not**  
necessarily a disease  
of aging.

## Common Symptoms



Swelling



Stiffness



Pain



Diminished range of motion in joints



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## Types of Arthritis



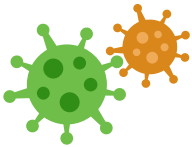
### Osteoarthritis (OA)

The most common type. Mostly impacts the hands, spine, hips, and knees. OA is where the bones in affected joints become weaker and the connective tissue that holds the joint together deteriorates and inflammation damages the joint lining.



### Autoimmune Inflammatory Arthritis

This is when the immune system is overactive and attacks healthy tissue. Most commonly impacts the spine, hands, feet, eyes, and heart. Rheumatoid arthritis is the most common form of autoimmune inflammatory arthritis.



### Infectious Arthritis

This is caused by a virus or bacteria and typically occurs when an illness originates in another location in the body. This type of arthritis can typically be treated with antibiotics and other medical interventions.



### Metabolic Arthritis (Gout)

This results from a build up of uric acid crystals in the joints. This most commonly affects the feet and toes.

## Tips to Prevent and/or Delay the Impact of Arthritis

- 1 Stay active.
- 2 Maintain a healthy weight.
- 3 Limit inflammatory foods like red meat, highly processed foods, and high sugar foods.
- 4 Reduce stress.
- 5 Quit smoking.
- 6 Get good quality sleep, at least 7 hours per night.
- 7 Visit your primary care provider.

Resources:

<https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis>