

Innovative WellNews

July 2023

All About Arthritis



1 in 4

adults has arthritis



1 in 4

adults with severe
joint pain report it



1 in 10

adults limit activities
because of arthritis



\$303.5 billion

is the annual cost of arthritis in
medical spending and lost wages

What is Arthritis?

Did you know the leading cause of disability in the U.S. is arthritis?

You might be surprised to know that arthritis isn't a single disease. The term arthritis refers to joint pain or joint disease, and there are more than 100 types of arthritis and related conditions. Arthritis impacts people of all ages, races and sexes. It is most common in women and despite the common misconception that it is a disease of aging, some types of arthritis do occur more frequently in the older population.

Common Symptoms



Swelling



Pain



Stiffness



Diminished range of motion



Knobby finger joints



Other: fever, fatigue, or rashes

Seeking Care

If you are experiencing any symptoms you think may be related to arthritis, you should consult with your primary care provider. Your primary care provider can then refer you to a specialist if needed. There are many treatment options available for arthritis.

How to Reduce Arthritis Symptoms

There are many things that can be done to help reduce symptoms of arthritis.

- 1 Low-impact activities like walking, swimming, or biking.
- 2 Maintain a healthy weight.
- 3 Protect your joints.
- 4 Educate yourself on joint health and pain.
- 5 Talk to your doctor at the first sign of an issue.

Nutrition can play a huge role in decreasing inflammation in the body. Check out this recipe that is packed full of anti-inflammatory foods.

Mediterranean Chickpea Quinoa Bowl



Ingredients:

- 1 (7 ounce) jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Directions:

1. Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
2. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
3. To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.

Sources:

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

<https://www.eatingwell.com/recipe/258195/chickpea-quinoa-bowl-with-roasted-red-pepper-sauce/>

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/arthritis.htm>

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