



disease  
**THE GROWING NUMBERS OF DIFFERENT ARTHRITIS FORMS MAKES UP THE MOST COMMON CHRONIC ILLNESS IN THE UNITED STATES. ARTHRITIS AFFECTS MEN, WOMEN, AND CHILDREN.**

**TREATMENT**

*Treatment varies, depending on your particular cause.* Age and occupation also affect your treatment plan. Not all causes of arthritis are curable, such as osteoarthritis and rheumatoid arthritis. If the cause cannot be cured, treatment is aimed at reducing pain and discomfort and preventing further progress of the

*One can greatly improve their symptoms* from osteoarthritis and other types of arthritis without resorting to medication. The ability to make lifestyle changes without medication is recommended for osteoarthritis. Exercise is necessary to maintain healthy joints, relieve stiffness, and reduce pain and fatigue. Exercise also helps to improve muscle and bone strength.

*On the other hand, rest and diet are just as important as exercise.* Sleeping at least eight hours per night and taking naps throughout the day allows you to recover more quickly from flare-ups. By adding supplements, such as glucosamine and chondroitin to your diet, you can reinforce the strength of the cartilage that protects your joints. Also be sure that you are eating a diet high in vitamins and minerals, especially antioxidants like Vitamin E.

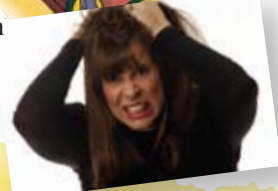
*Arthritis is an ever growing problem* in the United States. It is a problem that is more and more often being treated by alternatives to medication or combinations of the two. One such alternative therapy, the Migun bed, can promote a deeper sleep to help your recovery between flare-ups. The bed also increases blood flow throughout the body to allow the body to recuperate more quickly. Don't let arthritis get the best of you.

**YOUR EXERCISE PROGRAM SHOULD INCLUDE:**

- RANGES OF MOTIONS EXERCISES FOR FLEXIBILITY
- STRENGTH TRAINING FOR MUSCLE TONE
- LOW IMPACT AEROBICS FOR ENDURANCE
- AVOID MOVEMENTS THAT PLACE EXTRA STRESS ON YOUR AFFLICTED JOINTS
- AVOID HOLDING ONE POSITION FOR TOO LONG
- AVOID STRESS, WHICH AGGRAVATES YOUR SYMPTOMS

# Don't burnout

*If you dread going to work* or feel burned out or stressed over a period of weeks, your condition could affect your professional and personal relationships and even your livelihood. Overwhelming frustration or indifference toward your job, persistent irritability, anger, sarcasm and a quickness to argue are indicators of a condition that needs to be dealt with. Here are some tactics you can use:



✓ Take care of yourself. Eat regular, balanced meals, including breakfast. Get adequate sleep and exercise.

✓ Take time off. Take a vacation or a long weekend. During the workday, take short breaks.

✓ Set limits. When necessary, learn to say no in a friendly but firm manner.

✓ Have an outlet. Read, enjoy a hobby, exercise or get involved in some other activity that is relaxing and gets your mind off work.

✓ Seek help. If none of these things relieves your feelings of stress or burnout, ask a health care professional for advice.

✓ Choose battles wisely. Don't rush to argue every time someone disagrees with you. Keep a cool head, and save your argument for things that really matter. Better yet, try not to argue at all.

Develop friendships at work and outside the office. Sharing unsettling feelings with people you trust is the first step toward resolving them. Minimize activities with "negative" friends who only reinforce bad feelings.

