



Take the Arthritis Self-Help Course.

It will encourage you and help you take steps to manage your arthritis.

People who have taken this 6-week course say that they have less pain and depression and are more confident in taking charge of their health.

Call 800-333-1380 to find a course offered near you.



Learn more

The Arthritis Foundation North Central Chapter serves Minnesota, North Dakota and South Dakota. It has many opportunities for you to learn about arthritis: courses, education and support groups, books, membership, a newsletter, and numerous brochures.

You may order brochures – a single copy of each is free – by calling 800-333-1380.

Here is a list of some of the brochures:

- + Arthritis Answers
- + Annual Drug Guide
- + Osteoarthritis
- + Rheumatoid Arthritis
- + Fibromyalgia
- + Back Pain
- + Diet and Your Arthritis
- + Exercise and Your Arthritis
- + Physician List



Minnesota Arthritis Program
Minnesota Dept. of Health
85 E. Seventh Place
St. Paul, MN 55101
651-281-9853
www.health.state.mn.us



Arthritis Foundation
North Central Chapter
1902 Minnehaha Ave W.
St. Paul, MN 55104
651-644-4108 or
800-333-1380
www.arthritis.org



Wisdom Steps
Minnesota Board on Aging
444 Lafayette Road N.
St. Paul, MN 55155-3843
800-882-6262
www.wisdomsteps.org



National Resource Center on
Native American Aging
Center for Rural Health
UND School of Medicine &
Health Sciences
PO Box 9037
Grand Forks, ND 58202-9037
800-896-7628
www.medicine.nodak.edu/crh



Shriners Hospital for Children-Twin Cities
2025 East River Parkway
Minneapolis, MN 55414
612-596-6100
www.shrinershq.org



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Arthritis doesn't have to be disabling



*By taking a few
small steps,
You can feel better.*

This message is brought to you by
the Minnesota Department of Health,
the Arthritis Foundation North Central Chapter and
Wisdom Steps





People of all ages have arthritis, and over half of Minnesota seniors have some form of it. Arthritis causes pain, swelling and changes in **joints** that limit movement.

But arthritis doesn't have to slow you down.

If you think you have arthritis or you've been told you have arthritis, there are steps you can take to prevent the disease from ruling your life.

First, see your doctor/medicine person. It helps if you begin treatment early. Work with these health providers to find the best treatment for you.



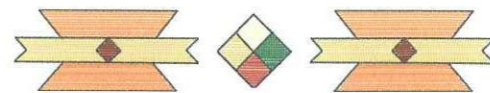
Stay active

Moving your body keeps you independent by improving muscle strength and balance. Staying active keeps joints moving, reduces pain and strengthens muscles around the joints.



Do things that you like

–walking, dancing, gardening, harvesting – and do them often. Start with 15 minutes and build up to 30 minutes each day. You don't have to exercise all at once. Do different activities over the course of the day if you wish. *(If you haven't exercised much for a while, check with your health provider before you begin.)*

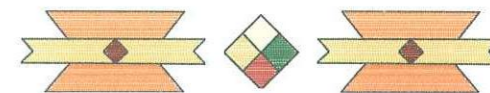


Eat foods that are good for you. Remember the value of our traditional foods.

Make fruits and vegetables your main course and add other healthy foods around them. Eat five or more servings each day. You will get the vitamins, minerals and fiber you need to stay healthy and prevent disease.

It's also important to drink plenty of water.

Staying active and eating well will help you feel great and manage your weight, too.



Manage your arthritis – don't let it manage you!

Positive self-talk can help you take steps to manage your arthritis pain. It's easy to feel helpless and depressed from the pain of arthritis. These feelings can lead to decreased activity, which then leads to more pain. Take small steps to help yourself continue on with your favorite activities.

Arthritis doesn't have to control your life.

Set goals and take steps to make them happen.

Call the Arthritis Foundation at 800-333-1380 or visit their Web site at www.arthritis.org for tips on how to continue your favorite activities.

