

Check Your Bone and Joint Health



October 12–20 marks Bone and Joint Health National Action Week.
Take the time to prioritize your wellness
and keep your body moving smoothly.

Problematic Sources

Common sources of bone and joint problems include:

- **Disease.** Osteoarthritis, osteoporosis, cancer and other conditions can cause pain and inflammation.
- **Overuse.** Over time, repeating the same motion can lead to strain, injury and tissue damage.
- **Trauma.** Automobile accidents, athletic injuries and other trauma can break bones and injure joints.



Finding Solutions

If your bones or joints are in pain, talk with your provider.

- **Diagnosis.** A physical exam, review of symptoms and medical history, and blood and imaging tests can help detect what ails you.
- **Treatment.** You may find relief through lifestyle modifications, rehabilitation medicine, physical therapy, medication or surgery.

Stronger Bones and Joints

Protect your bones and joints with a few healthy tips.



Eat.

A healthy diet with plenty of calcium and vitamin D builds healthy bones and joints and helps your body make the most of physical activity.



Move.

Staying active protects against bone and joint problems. An active lifestyle also helps keep bone and joint issues from getting worse.



Prepare.

Proper technique and equipment reduce the risk of injury while exercising.

**Are your bones or joints bothering you?
Visit weillcornell.org/doctors to find a
Weill Cornell Medicine provider who can help.**