



**Weill Cornell Medicine**

# Be Arthritis Aware, Move Better

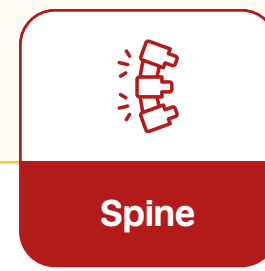
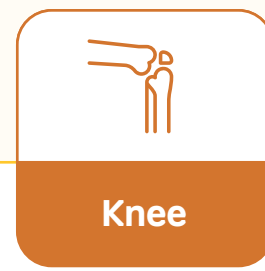


**Arthritis affects nearly 53 million American adults.\*  
Could it be affecting your joints?**

*\*Centers for Disease Control and Prevention*

## Where It Strikes

Joints are found where two bones meet. When they become inflamed, it's called arthritis. Common areas affected include:



## How It Feels

Though the causes of arthritis vary, the symptoms are similar. Symptoms may be mistaken for other conditions, and they often worsen as you grow older.

**Whenever arthritis settles in, you may experience:**

- !** Difficulty moving the affected joint
- !** Pain, redness and warmth in the affected joint
- !** Weight loss or trouble breathing

## What to Do

There is no cure for arthritis, but you can manage your symptoms.



### **Advocate for your health.**

Tell your doctor if you experience symptoms of arthritis. Proper testing can lead to a diagnosis and treatment plan.



### **Take care at home.**

Apply heat and cold therapy to aching joints, seek physical therapy, take over-the-counter or prescription medication as prescribed and obtain a healthy weight through healthy eating and exercise.



### **Consider advanced care.**

If symptoms persist or worsen, ask your care team about injections, radiofrequency ablation, peripheral nerve stimulation or surgery.

**Suspect arthritis in your joints? Find a doctor today:  
[weillcornell.org/doctors](http://weillcornell.org/doctors)**



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