



Health Awareness

Arthritis: What You Should Know About The Leading Cause Of Disability In U.S. Adults

(NAPSA)—The new statistics recently released by the Centers for Disease Control and Prevention (CDC) about the incidence of arthritis nationwide may surprise many Americans. One in three adults (almost 70 million) now has arthritis and/or chronic joint symptoms, a substantial increase over previous estimates.

Osteoarthritis (OA) and rheumatoid arthritis (RA) are the most common forms of arthritis, but there are more than 100 different disorders that can be classified as arthritis. OA affects more than 20 million Americans. It typically affects the hands, knees, hips, feet and back.

In OA, the cartilage in a person's joints becomes pitted and brittle, thins and wears away, allowing the bones to rub against one another.

The main symptom of osteoarthritis is pain, possibly felt during movement and even at rest. Joints may also be stiff and swollen. There may even be a loss of range of movement in the joint.

Rheumatoid arthritis is an autoimmune disease characterized by persistent inflammation of the tissues lining the joint. It is a progressive disease that may result in joint destruction, disability and even premature death. It is more common in women than men and usually starts in the wrists, hands and feet. If left untreated, it may progress to other joints and organs.



THE DOCTOR IS IN...THE DINER. *Arthritis in the A.M.*, a nationally syndicated radio show, is broadcast from various regional diners. Seen above are the host, Phil Paleologos and rheumatologist Dr. Andrew J. Sulich speaking about arthritis and various therapies.

Fortunately, there are a number of treatment options available for arthritis, the leading cause of disability in the U.S. To make people with arthritis more aware of these options so they can take a more active role in managing their disease, a national syndicated radio program “Arthritis in the A.M.” was created. The show is an interactive and educational forum broadcast live from a place where average Americans meet and eat—a local diner.

“There have been significant advances in arthritis therapies over the years, but as a result patients may be confused about how to best manage their arthritis,” said Detroit rheumatologist, Andrew J.

Sulich, M.D., who was featured on a recent broadcast. “Pain and inflammation often associated with this disease can be effectively managed. It is crucial that we educate patients, as well as their families and friends about their condition, and the options that are available to address their needs and symptoms, so they can continue to lead active lives.”

The “Arthritis in the A.M.” radio program is an educational initiative supported by Pharmacia Corporation, a maker of arthritis medications.

For more information about arthritis and the radio show visit www.arthritisintheam.com or call 866-885-3600.