



HEALTH AWARENESS

Giving Weather-Related Aches The Cold Shoulder

(NAPSA)—Many people believe that seasonal and daily changes in weather affect their aches and pains. A new study shows that they might be right.

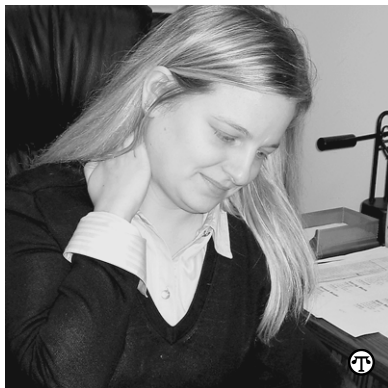
The study, conducted by the American College of Rheumatology, found that rheumatoid arthritis (RA) pain rises as temperatures fall. But doctors say RA sufferers aren't the only ones affected by weather. A recent poll from Stanford University Medical Center found that four out of every 10 Americans experience some form of pain on a daily basis. Doctors think those aches could sometimes be triggered by dampness and dry or cold air.

Treating Aches

While there are a number of pain therapies available, some have been linked to side effects ranging from stomach irritation to—in extreme cases involving Cox-2 drugs—heart problems and even death. Additionally, consumers say that many topical pain medications have unpleasant odors or are relatively ineffective.

One new type of treatment, called ALCiS Daily Relief, may help people get control of everyday aches and pains. Clinical trials demonstrated a positive correlation between the treatment and a reduction of pain and stiffness. After one topical application, patients receiving the treatment experienced pain relief after five minutes.

ALCiS works by delivering key pain relieving medicine and key nutrients below the skin and directly on the site of sore joints and muscles. Doctors and pain specialists like the treatment because it is technologically advanced—a



New types of treatments can help people control everyday aches.

patented liposomal delivery system in the lotion carries the active ingredients through the skin to the site of pain. It also has what many will consider to be an added bonus: The cream was designed to nourish the skin and has a pleasant scent.

To learn more about this new treatment visit www.alcis.com, or call 1-866-252-4747.

Controlling Cold-Weather Aches

Doctors say that following a few tips may help people avoid aches, whatever the weather:

- **Keep Moving**—Many people find that not sitting too long or taking frequent short strolls helps keep their joints from aching when the weather is cold.

- **Layers Of Relief**—Wear a few layers of clothes, rather than one big warm item when you head outdoors or when you feel cold inside.

- **Stay Where It's Warm**—Get your exercise indoors during cold weather. Hit the gym or take a walk in the mall instead of walking outside.