

# Good News For Those Suffering From Joint Pain: There's Something You Can Do About It

(NAPSA)—Today, many people struggle to stay fit and active and may falsely assume that achy joints are a normal part of the aging process.

Because arthritis is often associated with the elderly in the United States, many people may not realize that they are at prime risk for arthritis. According to a recent survey conducted by Impulse Research, six percent of Americans aged 40 to 55 have experienced joint pain in the last 12 months. Yet, 80 percent still think of their parents or grandparents, instead of themselves, when asked to imagine a typical person with arthritis.

According to the Arthritis Foundation, study after study has shown that it is important for people with arthritis to keep moving. Regular exercise can help keep joints moving, restore and preserve flexibility and strength, and protect joints against further damage. It can also improve your coordination, endurance and ability to perform daily tasks like walking or writing. Best of all, exercise can make you feel better about yourself.

Sometimes though, it's hard to exercise. The more your joints hurt, the less you feel like moving. Good intentions are hindered by pain. Fortunately, there are treatments available that can relieve the pain, inflammation and stiffness of arthritis and can keep you moving.

According to Dr. Catherine Sullivan, a rheumatologist at New York Hospital Medical Center of Queens, "Exercise and a positive attitude can greatly enhance one's overall sense of well-being. Arthritis can be a debilitating condition and a regular exercise regimen is essential in maintaining joint flexibility. You must work with your doctor to identify an appropriate treatment plan to help you cope with the chronic pain many

## Arthritis Facts

- Almost 43 million people in the U.S. have some form of arthritis or rheumatic condition.
- More than 21 million people in America have osteoarthritis, the most common form of arthritis.
- Exercise and regular physical activity help keep joints moving, restore and preserve flexibility and strength and protect joints from further damage. *(Always be sure to consult your physician when beginning any exercise program.)*
- Many treatments for the pain, inflammation and stiffness of arthritis are available, including COX-2 specific inhibitors. Ask your doctor about the treatment that's right for you!

**For more information on arthritis visit  
[www.arthritis.com](http://www.arthritis.com) or [www.celebrex.com](http://www.celebrex.com)**



arthritis sufferers experience."

Darlyne Woodward of Aspen, CO, was diagnosed with osteoarthritis, the most common form of arthritis. "Doing anything was uncomfortable because of my pain," said Woodward. "I thought it was just a part of getting older that I would have to learn to deal with. Finally I went to the doctor and he prescribed a medication called Celebrex® [celecoxib capsules], which has worked really well for me. Now, I am managing my pain and I am able to do my regular activities."

While there is no cure for arthritis, therapies are continually being introduced to effectively treat it. Millions of people are taking innovative therapies for pain, stiffness and inflammation of osteoarthritis and adult rheumatoid arthritis. People can best manage arthritis by consulting a doctor, getting a proper diagnosis and taking an active role in their treatment.

Prescription Celebrex is not for everyone. People with aspirin-sensitive asthma or allergic reactions due to aspirin or other arthritis medicines or certain drugs called sulfonamides should not take it.

In rare cases, serious stomach problems such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Celebrex should not be taken in late pregnancy. Tell your doctor if you have kidney or liver problems. For more information call 1-888-CELEBREX or visit [www.celebrex.com](http://www.celebrex.com).

Exercise and physical activity can help a great deal, but remember, physical activity is anything that involves movement—from taking a walk to weeding the garden from dusting the house to dancing! So, see your doctor, take control of your pain and keep moving.

**CELEBREX**, a prescription medication, is a COX-2 specific inhibitor approved for osteoarthritis (OA), adult rheumatoid arthritis (RA), for the management of acute pain and primary dysmenorrhea. The recommended dose for OA is 200 mg daily and for RA, 100 mg to 200 mg twice per day. **CELEBREX**® is a registered trademark of Pharmacia Corporation. For important prescribing information about **CELEBREX**, access [www.CELEBREX.com](http://www.CELEBREX.com) or call toll-free 888-735-3214.