

HEALTH QUIZ

Identifying Arthritis Risks And Symptoms



(NAPSA)—Most people think arthritis is an inevitable part of aging. Not so, says the Arthritis Foundation. But the key is to take action now by seeing your doctor about early symptoms and initiating lifestyle changes that can prevent or minimize the effects of this disabling disease. To find out if you are at risk or showing signs of arthritis, take the Arthritis Foundation's joint health quiz.

What's Your Risk?

1. Are you 45 years of age or older?
 Yes No
2. Have you ever had an injury to your knee severe enough to put you in bed; to force you to use a cane, crutch or brace; or to require surgery?
 Yes No
3. Are you more than 10 pounds overweight?
 Yes No
4. Have you in the past, or do you currently, participate in greater than 3 hours per day of heavy physical activities, such as bending, lifting, or carrying items on a regular basis?
 Yes No
5. Did you have hip problems that caused you to limp as a child?
 Yes No

What Are Your Symptoms?

6. Has a doctor ever told you that you have arthritis?
 Yes No
7. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?
 Yes No
8. In a typical month, were these symptoms present daily for

at least half of the days in that month?

Yes No

9. Do you have pain in your knee or hip when climbing stairs or walking 2-3 blocks (1/4 mile) on flat ground?

Yes No

10. Do you have daily pain or stiffness in your hand joints?

Yes No

11. Are you now limited in any way in any activities because of joint symptoms (pain, aching, stiffness, loss of motion)?

Yes No

12. Because of joint symptoms, rate your ability to do the following:

0—Without ANY Difficulty

1—With SOME Difficulty

2—With MUCH Difficulty

3—UNABLE To Do

- a. Dress yourself, including shoelaces and buttons?

0 1 2 3

- b. Stand up from an armless, straight chair?

0 1 2 3

c. Get in and out of a car?

0 1 2 3

d. Open a car door?

0 1 2 3

* Please add the numbers shown next to each of your answers for question 12. $a + b + c + d =$

If you answered *yes* to any of questions 1-5, you are at risk for arthritis. If you answered *yes* to two or more of questions 6-11, you might have symptoms of arthritis. If you scored a 6 or more on question 12, contact your healthcare professional immediately. For more information on preventing and controlling arthritis, contact the Arthritis Foundation for a free joint health kit at 1-800-283-7800 or www.arthritis.org.

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