

# HEALTH ALERT!

## Joint Discomfort Has No Age

(NAPSA)—It can happen at any time and at any age. Enjoyable activities such as jogging, a set of tennis or even gardening can suddenly become troublesome, resulting in stiffness and discomfort, limited range of motion and decreased mobility. That's why keeping joints healthy and flexible is an important step in continuing to do the activities you enjoy.

While analgesics may offer temporary relief, many doctors are also beginning to recommend the use of nutritional supplements that contain glucosamine and chondroitin for long-term benefits to help promote healthy joints. Glucosamine and chondroitin have been shown to improve the structure and function of joints and cartilage when taken daily over time. Glucosamine helps the body manufacture building blocks of cartilage and helps keep cartilage lubricated. Chondroitin attracts and holds fluid in the cartilage to reduce cartilage wear and tear. As our bodies age, however, the ability to produce these naturally occurring nutrients declines.

Nutritional supplements, such as Osteo Bi-Flex<sup>®</sup>, formulated with glucosamine and chondroitin help to restore their levels and respective benefits. Additionally, vitamin C, boron, and manganese are other ingredients that contribute to joint health and, when combined in a glucosamine/chondroitin nutritional supplement, can offer complementary benefits.

Although there is no "magic bullet" to alleviate the discomfort and stiffness associated with joint problems, certain lifestyle changes can also help:

- Lose extra pounds to reduce stress on your joints. Your health care provider can give you tips on



**Nutritional supplements can help keep joints healthy and flexible.**

the best ways to trim calories and inches.

- Begin a regular exercise program. Regular exercise promotes joint comfort by increasing the flow of fluids to the cartilage and strengthening the structures surrounding the joints. Be sure to check with your health care professional before starting any type of exercise program.

- Learn to lift (heavy objects) properly, using your legs instead of your back

- Maintain good posture.

- Shift your weight and stretch occasionally to keep joints flexible and from becoming stiff.

For additional joint care information, visit [www.osteobiflex.com](http://www.osteobiflex.com). The Arthritis Foundation is offering a FREE Arthritis Today 2003 Walking Guide, which includes a 12-question joint health quiz, facts on walking benefits, mistakes to avoid, and expert advice on creating a walking program for your life. For a free copy, contact the Arthritis Foundation at 800-283-7800 or [www.arthritis.org](http://www.arthritis.org).