

# HEALTH BULLETIN

## Preventing Joint Discomfort

by Jason Theodosakis, M.D.

(NAPSA)—Following a few simple steps can keep joints healthy, prevent pain and help you stay active—whether you're 30 years old, 70 years old or anywhere in between. Try these tips:

- Consult a physician if you have persistent joint problems.
- Devise an exercise plan that provides at least 30 minutes of moderate exercise a day.



**A few tips can help keep joints healthy—whatever your age.**

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- Prevent sports injury through strengthening, balance and agility drills. Also, switch from high-risk sports and activities to those with less risk; biking instead of running, for instance.

- Consider using a glucosamine/chondroitin supplement such as Osteo Bi-flex.

Taken in combination, glucosamine and chondroitin can promote flexibility, renew cartilage and lubricate joints.

For more information, visit [www.osteobiflex.com](http://www.osteobiflex.com).

*Dr. Theodosakis is author of the No. 1 New York Times best seller "The Arthritis Cure, revised edition."*



**Note to Editors:** May is National Arthritis Month.