

# HEALTH ALERT!

## Sports Injuries Increase Arthritis Risk For Youth

(NAPSA)—With 996,000 injuries occurring annually from family recreational activities, and child sports-related injuries accounting for more than 775,000 emergency room visits each year, the Arthritis Foundation urges parents to understand that injuries sustained during these activities may lead to arthritis



**Children and parents can take steps to prevent sports-related injuries.**

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later in life.

In a campaign sponsored by HealthSouth Corp. and the National Center for Sports Safety, the Arthritis Foundation is working towards its mission of improving lives through the prevention, control and cure of arthritis and related diseases.

“Today’s young athletes may become tomorrow’s osteoarthritis patients, unless parents and coaches take an active role in sports injury prevention,” said John H. Klippel, M.D., medical director, Arthritis Foundation.

According to one study, a single knee injury early in life can put a person at five times the risk for osteoarthritis later in life; likewise, a hip injury could more than triple the risk.

Dr. Klippel stresses that physical activity is safe and beneficial for reducing the risks for osteoarthritis, but parents also need to understand the importance of injury prevention.

For more information on arthritis or for a Free Parent’s Guide to Preventing Sports Injuries, call the Arthritis Foundation at 1-800-283-7800 or visit the web site at [www.arthritis.org](http://www.arthritis.org).