

# **Health NEWS** YOU CAN USE

## Easy-to-Use Products Take Pain Out Of Everyday Tasks

(NAPSA)—Everyday activities should not be painful, but for 70 million Americans with arthritis, even the simplest of tasks can cause pain. Good news! The Arthritis Foundation offers a program that encourages manufacturers to design products with “ease of use” in mind, leading to more user-friendly products that are comfortable and effective and take the pain out of performing everyday tasks.

Through the Arthritis Foundation’s Ease of Use Commendation Program, manufacturers can submit products to be tested by an independent lab experienced in product design and evaluation. Products are reviewed based on several criteria, including product weight, packaging, performance, simplicity of controls and safety.

“Easy-to-use products can reduce stress on joints, and make everyday tasks easier for all people,” said Dr. John H. Klippel, Arthritis Foundation president and CEO.

The Arthritis Foundation offers a number of tips to help people choose easy-to-use products, including:

- Make sure that products meet your specific needs. With more than 100 types of arthritis, a product that is easy for one person to use may not be easy for you.

- Be selective. Think about the tasks that are difficult for you on a regular basis and look for products that make these tasks easier.

- Select products with texture. For example, when selecting glassware, drinking glasses with a bumpy exterior are easier to grasp than smooth ones.

## Ease-of-Use Commendation

By



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[www.arthritis.org](http://www.arthritis.org)



**Getting a grip on products that can be used easily can reduce stress on joints.**

- Look for products that are not cumbersome to use. Products that can be carried close to your body may alleviate pressure on arms, hands and back.

- Look for products that are easy to open and close. Avoid products that are difficult to grasp, or require twisting with fingers. Instead, look for features such as flip-top caps, zippers and larger, easy-to-open lids.

- Look for the Arthritis Foundation’s Ease of Use Commendation for tested and trusted products. For a list of products that have been given the Arthritis Foundation’s Ease of Use Seal of Commendation, visit the Easy-to-Use Products page at [www.arthritis.org](http://www.arthritis.org).

For more information, or a free copy of “Arthritis Today’s” 2004 Buyer’s Guide, which contains easy-to-use products and services for people with arthritis, contact the Arthritis Foundation at (800) 283-7800 or on the Web at [www.arthritis.org](http://www.arthritis.org).