



## Teaming Up To Fight Osteoarthritis

(NAPSA)—More than 20 million Americans have been diagnosed with osteoarthritis, the most common form of arthritis. It is a disease that involves the breakdown of cartilage in the joints, often leading to pain and stiffness.

In addition to working with their health care providers, it is important for osteoarthritis patients to be proactive about their health and educate themselves. “There are a number of educational programs available to arthritis patients,” says Dr. Howard Schertzing, Medical Director and Team Physician for the College of Mount St. Joseph in Cincinnati. “Patient education programs often improve communication between doctor and patient which can lead to a more productive office visit.”

The Arthritis Huddle™ program represents the team approach to fighting osteoarthritis, and was designed to help patients work with their doctors to develop their own personalized osteoarthritis game plans. The program, available at [www.arthritishuddle.com](http://www.arthritishuddle.com), gives osteoarthritis patients access to the latest treatment strategies, educational programs, specialists and advocacy groups that can help them on the road to feeling better.

In addition to information on osteoarthritis, its risk factors, and how it is diagnosed, the site offers tips on diet and nutrition, including



**The Arthritis Huddle™ program was designed to improve communication between doctor and patient, which often results in better management of the pain, stiffness and other symptoms of osteoarthritis.** 

recipes for healthy eating, which can be helpful for many arthritis patients. There are also tips from an exercise specialist that include detailed descriptions of many types of exercises that can reduce pain, improve joint function, reduce fatigue and build stronger muscles for greater mobility.

Leading this national health and educational initiative is Hall-of-Fame quarterback, Joe Namath, who has lived with osteoarthritis for more than 30 years.

To learn more about osteoarthritis or the Arthritis Huddle™ program, visit [www.arthritishuddle.com](http://www.arthritishuddle.com).