

February 2013



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Arthritis Basics

Arthritis is a term used to describe more than 100 different conditions that affect joints, as well as other parts of the body. Fifty-eight percent of Kentuckians aged 65-74 and sixty-three percent of those 75 or older have Arthritis. Arthritis causes limitations in ability to perform many activities.

A person has an increased risk of Arthritis when the following factors are present.

Age: Your risk increases with age.

Gender: Women are more likely to have arthritis than men.

Genetics: Genetics can increase your likelihood of developing Arthritis.

Joint Damage: Joints that have been damaged through infection, injury, or repetitive motion can develop arthritis.

Obesity: Obesity can increase your risk of developing Arthritis.

If you have Arthritis, CDC recommends the following strategies to help you manage it. Taking the proper steps to manage your Arthritis will help to control pain, minimize joint damage, and improve or help you to maintain your quality of life.

Be Active—Getting at least 30 minutes per day of exercise can help to decrease pain, improve function, and delay disability.

Watch Your Weight—Reducing weight may help to reduce pain and slow the progression of the disease.



See Your Doctor—There are many different types of Arthritis, your doctor can help you manage the type of Arthritis you have.

Protect Your Joints—Joint injury can lead to osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

For More Information:

- Talk to your Doctor or Pharmacist.
- Visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/arthritis/>

Do You Need Help Managing a Chronic Condition?

Chronic conditions such as diabetes, arthritis, or high blood pressure make life difficult for many. Learn to manage these conditions through the Chronic Disease Self Management Program (CDSMP).

This program teaches you to take control of your chronic conditions through weekly workshops over six weeks that focus on the below topics:

1. Ways to deal with problems such as frustration, fatigue, pain and isolation
2. Exercise for improving strength, flexibility and endurance
3. Use of medications
4. Learn how to speak with family, friends and health care workers about your condition
5. Nutrition
6. How to evaluate new treatments

Currently 1,640 Kentuckians have taken this course. If you are interested in joining them, contact your local Area Agency on Aging and Independent Living or the Kentucky Department for Aging and Independent Living at 502-564-6930.

For More Information:

Visit the Kentucky Department for Aging and Independent Living Website at <http://chfs.ky.gov/dail/CDSMP.htm>.



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