Do you have arthritis?

Do you have swelling or pain in your joints?

You're not alone.

27% of Rhode Island adults have been diagnosed with arthritis. Arthritis is more common among adults 65 years of age and older, but people of all ages can have arthritis. See the back of this card for more information.

What can you do?

Exercise is one of the best treatments for arthritis, including osteoarthritis and rheumatoid arthritis.

The programs in this brochure can help you move more and exercise safely. They are either **free or low-cost**.

Programs in this brochure that are particularly good for people with arthritis are:

- Arthritis Foundation Exercise Program
- Arthritis Foundation Walk With Ease Program
- Living Well Rhode Island
- Matter of Balance: Managing Concerns About Falls

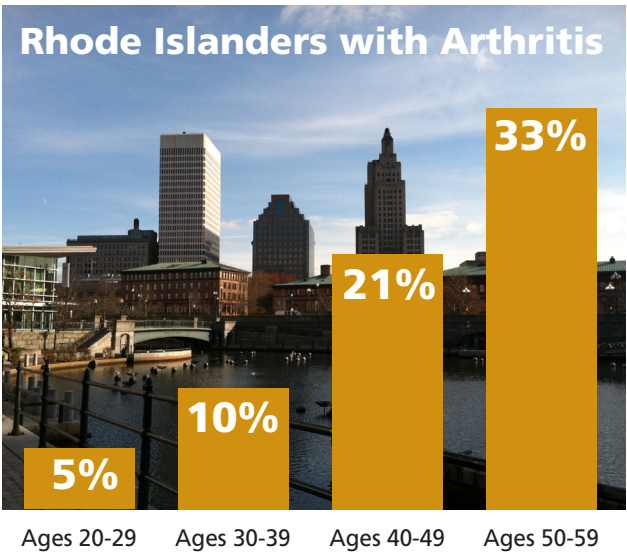
Learn more about programs that can help people with arthritis by calling the telephone number in this brochure.

What are the benefits of exercise?

Exercise helps reduce pain for people with arthritis. Exercise may also:

- Help maintain normal joint movement.
- Increase muscle flexibility and strength.
- Maintain weight to reduce pressure on joints.
- Improve mood mad mobility.
- Improve quality of life.

Who has arthritis?



Many people with arthritis also have other conditions.

- 54% of Rhode Island adults with arthritis also have high blood pressure (117,973 people).
- 10% Rhode Island adults with arthritis also have heart disease (21,039 people).
- 18% of Rhode Island adults with arthritis also have diabetes (39,846 people).

Being physically active is even more important if you have high blood pressure, heart disease, or diabetes.

RHODE ISLAND DEPARTMENT OF HEALTH