

### How To Cope With Arthritis

If your fingers are stiff and sore when you wake in the morning, it could be arthritis. This malady has tormented victims throughout history. There's evidence of arthritic damage in Egyptian mummies, and it's still around affecting people of all ages.

However, there are ways that modern medicine can help to relieve your pain and discomfort. The Department of Health and Human Services has a booklet that describes treatments for varying kinds of arthritis. For your copy of *How to Cope With Arthritis*, send \$1.75 to the Consumer Information Center, Department 155K, Pueblo, Colorado 81009.

Two of the most common forms of arthritis are rheumatoid and osteoarthritis. Rheumatoid arthritis is the most difficult to control and can do the most damage to the joints. The first signs usually are fatigue, muscular stiffness, and loss of appetite and weight.

Osteoarthritis is more common than rheumatoid arthritis, and as a rule, is less damaging. Older people are its most frequent victims. Excessive or unusual wear of the joints is the main contributing factor. This often results from overweight, poor posture, injury, physical strain from one's occupation or recreation, or a combination of these factors. The common symptoms are pain and stiffness.

Coping with arthritis is not something you should do alone. It should be diagnosed and treated by a qualified physician. The doctor may prescribe medication, but, contrary to popular belief, there is no such thing as a special arthritis diet. However, it is important for the arthritic person to keep off extra pounds that can put a burden on weight-bearing joints.

While it is not clear that warm, dry climates, hot springs or mineral waters are more beneficial than proper care at home, regular exercise is important to the arthritis patient.

Physical therapy, given in a hospital or at home by a visiting therapist, can help patients unable or unwilling to exercise by themselves. The therapist may provide various forms of treatment with heat and massage. Patients learn how to safely exercise joints moving them through their full range of motion, and how to maintain correct posture.

To help the arthritic person perform the tasks of everyday living - dressing, eating, cooking, writing, etc. - there are numerous simple and inexpensive devices that can be very helpful and can make the difference between self-sufficiency and dependence. Long-handle combs, shoehorns, kitchen utensils, and heightened chairs and toilet seats are just examples of these.

Arthritic women can also buy specially designed clothes. They don't have buttons, snaps or hooks and are stylish as well as easier to manipulate with stiff, swollen joints.

From medication and exercise to self-help devices, there are many ways to cope with arthritis. For more information, send for *How to Cope With Arthritis* (\$1.75).

You'll also receive a copy of the free *Consumer Information Catalog*. Published quarterly by the Consumer Information Center of the General Service Administration, the free *Catalog* lists over 200 selected free and moderately priced, useful federal consumer booklets.

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