

WALKERS, from page 2

- control weight gain
- help lower your blood sugar
- help you sleep better
- reduce anxiety and depression
- strengthen your heart

add years to your life

- relieve arthritis symptoms
- prevent osteoporosis
- increase the number of calories your body uses
- help control your appetite
- slow the aging process and
- strengthen your bones
- keep joints and muscles flexible

JOE, from page 5

ing their OA care, outcomes and overall health.

"Patients who have good information and know what to expect from their OA care can ask better questions and make better decisions," said

Senior Lifestyles

Dr. Elliott Pellman, rheumatologist and Chairman of the Medical Department of the New York Jets and Medical Director of the NY Islanders.

"For example, these patients are more likely to tell their doctor when a medication is not working well or is

causing uncomfortable side effects. More recently introduced medications like MOBIC are helping many patients find effective relief from the symptoms of osteoarthritis."

The Arthritis Huddle allows doctors and patients to work together using sophisticated educational and assessment tools available to manage OA. Some of these tools include:

- What's Your Game Plan? A Joe Namath pamphlet highlighting the most important questions patients should ask their doctors
- Enrollment in CARES, (Collaborative Arthritis Research and Education Services), a program developed by the University of Arizona and the Arizona Arthritis Center that partners OA patients with their physicians to assist them in creating their own treatment interventions by means of proactive self-management of their osteoarthritis

- Nutrition tips from a dietician and an interactive program to help people calculate their own body mass index (BMI)
- Exercise tips from a fitness expert who specializes in exercises for people with osteoarthritis

"As a component of the Arthritis Huddle, CARES provides doctors with quality, up-to-date data on their

individual patients' progress and gives patients a better understanding of their disease," said Dr. David Yocum, CARES Director and professor of medicine at the University of Arizona College of Medicine and director of the Arizona Arthritis Center in Tucson.

"With the detailed and unique information gained

from CARES, doctors and patients can make appropriate adjustments in their treatment and overall osteoarthritis management strategies, which may include a combination of exercise like swimming or stretching, weight loss programs, occupational therapy, pain management or a number of other approaches."

Patients who enroll in CARES may be eligible to receive a 15-day trial prescription of MOBIC®, one of the more recently introduced NSAIDs in the U.S., after Celebrex* and Vioxx**, that is indicated for the relief of the signs and symptoms of osteoarthritis. MOBIC has been available in the U.S. since April 2000, and has been used for several years by more than 45 million patients in 100 countries worldwide.1 MOBIC provides a balance of efficacy and safety for osteoarthritis sufferers and costs about 20

percent less than Celebrex and Vioxx.2

"As quarterback of the Arthritis Huddle, I hope to get everybody off the sidelines and motivate patients and doctors to team up and take a proactive approach to treating their osteoarthritis," added Namath. "We may have a lot to overcome, but I know from experience, that the keys to victory are determination and teamwork."

Doctors, patients and others interested in the management of OA can access the Arthritis Huddle resources by visiting www.arthritis-huddle.com or by calling 1-866-OA-HUDDLE (1-866-624-8335)..

BOOMERS, from page 7

boomers in these communities hang out? Senior centers may not be the satisfactory solution for the new more active generation. You will see them in the malls walking, talking, drinking coffee and going back to their roots of communal societies.

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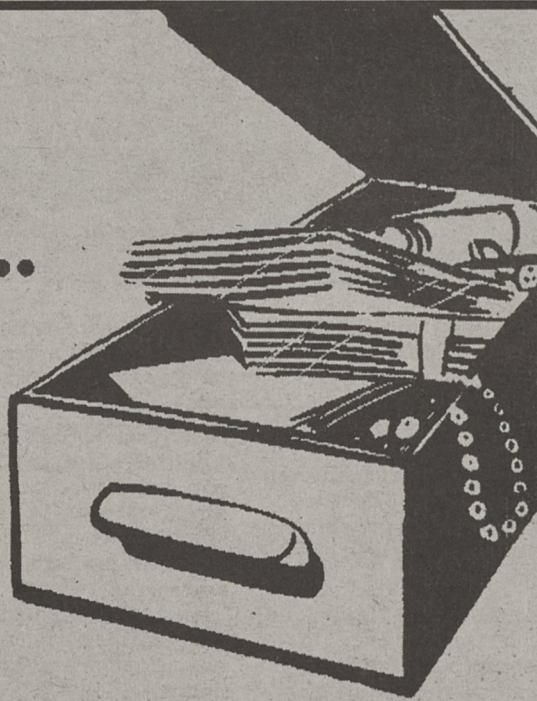
Because of the baby boomers' higher educational levels, you will see them reading at libraries, forming book-study groups, teaching and working with young people.

Baby boomers are a communicative group. The Internet is a marvelous way to keep in touch, especially for those who are far apart or physically impaired. The Internet also provides the chance for this active class of people to participate in new causes and keep abreast of new innovations and information.

We celebrate Earth Day, carry backpacks and reduce, reuse and recycle because of the baby boomers. Do you think this generation will put up their feet and settle into the recliner the day after retirement? I don't think so! Look for tents pitched next to geysers and seniors roughing it deep in the woods. Many national parks, and even local sites, are handicapped-accessible for those seniors who need special devices to help them remain mobile. In addition to activities in our great forests, many baby boomers are riding bicycles. Bicycling is becoming an ever more popular sport and bicycles are now built to be ridden on both the road and through the mountains. Gardening is another great source of renewal for those who hold such immense respect for the environment.

Baby boomers' parents were somewhat reluctant to seek advice from counselors, but their children are willing to continue the search for self-awareness, mental health and spiritual growth. They will move from gurus to psychologists. Their willingness to accept therapy as a means to the continuing process of self-discovery will create for them a healthy, well-balanced life during their older years. And what of spiritual growth? They regularly attended religious services as children and the majority have raised their own families the same way.

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