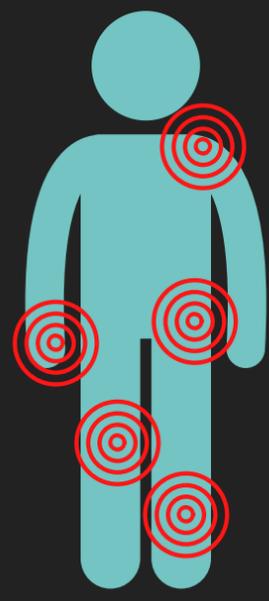
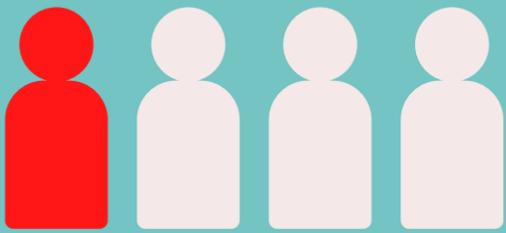


ARTHRITIS FACTS



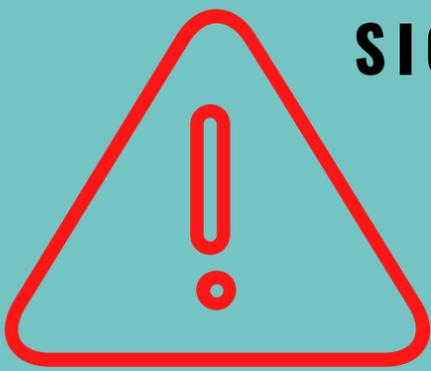
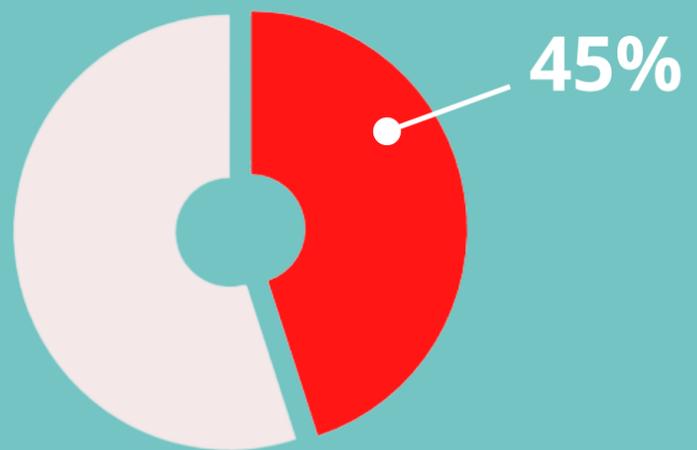
The month of May is National Arthritis Awareness Month. Here are the facts about the joint disease that can effect many areas of the body.



1 IN 4 ADULTS HAVE ARTHRITIS

54 million Americans have some form of arthritis.

Of those who have arthritis, roughly 45% report limitations in physical activities due to symptoms.



SIGNS AND SYMPTOMS INCLUDE

Swelling
Stiffness

Pain
Deformity

Tenderness

THERE ARE **100+** TYPES OF ARTHRITIS

MOST COMMON:

OSTEOARTHRITIS

characterized by breakdown of cartilage, stiffness and pain

RHEUMATOID ARTHRITIS

characterized by swelling, bone erosion and joint deformity

CONSERVATIVE TREATMENT OPTIONS



weight loss



assistive devices



low-impact exercises



medications



injections



HOW IS ARTHRITIS DIAGNOSED?

Arthritis is usually first diagnosed by a primary care physician through physical exam, imaging and blood tests. Depending on the type of arthritis and severity, they may refer to either an **orthopedic specialist** or **rheumatologist**.

References: www.arthritis.org, www.cdc.gov

512-439-1001 appointment line
www.txortho.com



Texas Orthopedics,
Sports & Rehabilitation Associates