



Arthritis



My doctor says that I have arthritis; I don't know what that means?

Arthritis is a very common disease that makes it hard to move. You may have some of the following:

- Pain in your hips, knees, elbows, wrists or ankles (joints)
- Hard to move (stiffness)
- Feeling very sore

What can I do to feel better?

It is important that you take care of yourself by:

- Getting rest
- Exercising
- Eating a well balanced and healthy diet
- Wearing good shoes
- Taking medications if your doctor gives them to you
- Watching your weight.

What kind of exercise should I do?

You should always check with your doctor before doing anything new. Although daily exercise like walking and swimming can be very good for you. It helps to keep your joints moving, lessens the pain and makes the muscles stronger.

