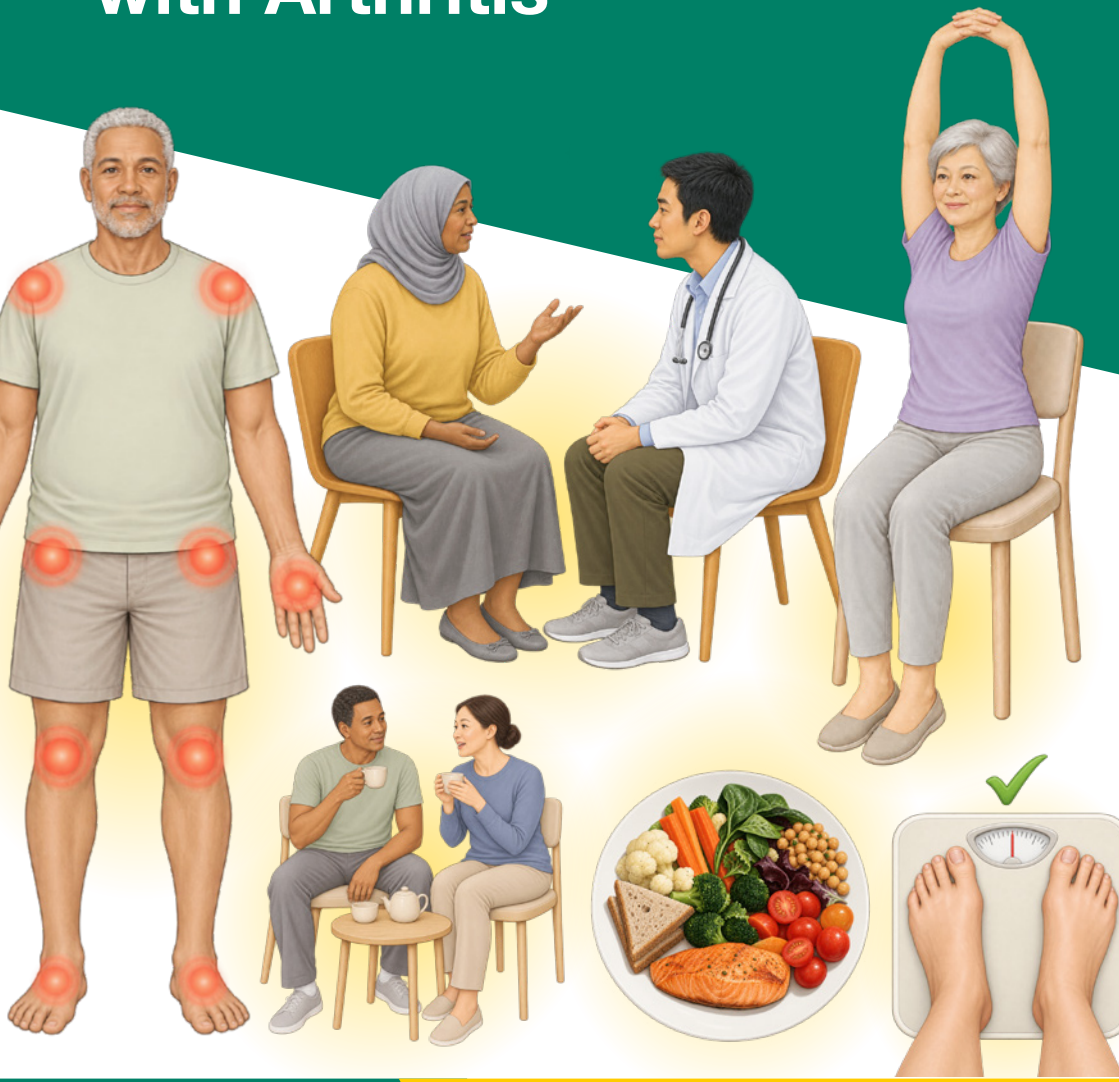
Arthritis ACTION

Keeping Healthy with Arthritis



arthritisaction.org.uk

Arthritis Action is the UK charity giving practical and personalised help to reduce the pain of arthritis through supported self-management and lifestyle advice.

What is arthritis?

Your joints are where your bones meet - the places where you bend, like your hips, knees or in your fingers. Your joints help you move.

Arthritis is ‘inflammation’ of these joints, which can mean swelling, stiffness and pain. These problems are called symptoms.

Please talk to your doctor if you are in pain with any of these symptoms.



What can I do if the doctor says I have arthritis?

Your doctor will discuss any care or treatment you need.

Ask them if you do not understand something they say.

The treatments will not cure arthritis, but they can help you feel better.

If your symptoms change or you are still worried, go back to your doctor.



How can I look after myself?



Keep to a healthy weight

- being over or underweight puts extra strain on your joints.



Eat a balanced diet – this

helps with weight, overall health and can reduce swelling and pain.



Get some exercise

– movement is good for you. It helps with stiffness and strengthening your muscles helps support your joints too.



Look after your mental wellbeing – arthritis is a long-term

condition and can be difficult in many ways, finding support and someone to talk to can help.

How can I get more help?

You don’t have to do this alone. If you would like some support, get in touch with Arthritis Action.

We have lots more detailed advice and people who can help you.

Where can I reach Arthritis Action?

020 3781 7120
(9am – 5pm, Monday to Friday)

info@arthritisaction.org.uk

www.arthritisaction.org.uk

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