



A MINUTE OF HEALTH WITH CDC

Easing the Pain of Arthritis

Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Effects Among Hispanic Adults, by Hispanic Subgroup — United States, 2002, 2003, 2006, and 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Arthritis is one of the leading causes of disability in the U.S., particularly among older persons. Arthritic pain affects the joints and causes swelling and stiffness. It often limits a person's ability to work or engage in physical activity. Although there is no cure for arthritis, it can be effectively treated with medications, physical therapy, and exercise. Self management classes teach people strategies to handle their arthritis. To find a class near you contact your local arthritis foundation or visit www.cdc.gov/arthritis. Don't let arthritis stand in your way.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.