



## A CUP OF HEALTH WITH CDC

### Controlling Arthritis

*Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation – United States, 2010-2012*

Recorded: November 12, 2013; posted: November 14, 2013

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Arthritis affects more than one in five adults and is the most common cause of disability in the United States.

Dr. Kamil Barbour is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. He's joining us today to discuss ways to control arthritis. Welcome to the show, Kamil.

[Dr. Barbour] Thank you.

[Dr. Gaynes] Kamil, are there different types of arthritis?

[Dr. Barbour] Yes, there are over 100 types. The most common types are osteoarthritis, rheumatoid arthritis, lupus, gout, and fibromyalgia.

[Dr. Gaynes] What are the symptoms of arthritis?

[Dr. Barbour] Arthritis, which is joint inflammation, can result in pain, stiffness, and swelling in the joints.

[Dr. Gaynes] Does arthritis affect some people more than others?

[Dr. Barbour] Yes. It affects primarily the elderly. It also affects people with chronic conditions, such as heart disease, diabetes, and obesity. And it's also much higher in women, compared to men.

[Dr. Gaynes] What are some strategies for managing arthritis pain?

[Dr. Barbour] Now, adults with arthritis may be reluctant to engage in physical activity because of symptoms that they have, such as joint pain and stiffness. However, we know that there are low-impact types of physical activity, such as walking and swimming, that have been shown to improve function and reduce pain in adults with arthritis. There are also self-management programs that, in addition to these physical activity programs, have different ways to maintain weight and other ways to control your arthritis symptoms.

[Dr. Gaynes] How can people reduce their risk of developing arthritis?

[Dr. Barbour] So, as I said earlier, osteoarthritis is the most common type of arthritis, and the best way to reduce your chances of developing it is to maintain a normal weight and avoid joint injury.

[Dr. Gaynes] Where can listeners get more information about arthritis, including the self-management program?

[Dr. Barbour] Listeners can go to [cdc.gov/arthritis](http://cdc.gov/arthritis).

[Dr. Gaynes] Thanks, Kamil. I've been talking today with CDC's Dr. Kamil Barbour about ways to control the pain caused by arthritis.

Remember, although there's no cure, arthritis can be controlled through medical treatment, regular exercise, and weight maintenance. If you suffer from arthritis, talk to a health care provider about programs to manage your condition.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

*[Announcer]* For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.