

Arthritis and Veterans

This program is presented by the Centers for Disease Control and Prevention.

Arthritis is common among veterans. Traumatic and overuse injuries during active duty are risk factors for developing arthritis. Fortunately, there are low-cost or no-cost strategies that can help veterans manage arthritis.

Physical activity can reduce pain and improve function. It can also help improve mood and play a role in managing other chronic conditions, such as heart disease, diabetes, and obesity. You can do low-impact activities, such as walking, biking, swimming, and water aerobics—all good forms of exercise. Arthritis-specific classes can help you get started. Information on classes, exercise programs, and tools are available at [cdc.gov/arthritis](https://www.cdc.gov/arthritis). These resources can help reduce pain and improve function. Learning self-management techniques can help all veterans become more active, improve their overall quality of life, and thrive.

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