



A MINUTE OF HEALTH WITH CDC

Arthritis Awareness

Arthritis Awareness Month — May 2016

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

As the U.S. population ages, so does the frequency of certain chronic diseases, such as arthritis. Arthritis is a condition that causes inflammation of the joints and can lead to severe pain and disability.

Fifty two and a half million adults have arthritis; many experience some form of activity limitation. Arthritis is most common among people who are obese or have heart disease or diabetes. It can be *prevented* by maintaining a healthy weight and *controlled* by low-impact physical activity and weight loss. If you have arthritis, ask your health care provider to suggest a strategy that's safe for you.

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.