



A MINUTE 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.

Arthritis affects more than one in five adults and is the most common cause of disability in the U.S. It occurs often in people with chronic conditions, such as heart disease and diabetes, as well as those who are obese.

Arthritis causes pain, stiffness, and swelling in and around the joints, making it difficult to engage in everyday activities, such as walking or climbing stairs.

Although there is 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 the condition.

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.