



## A CUP OF HEALTH WITH CDC

### *Stay in Motion*

*Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation — United States, 2013-2015*

Recorded: March 7, 2017; posted: March 9, 2017

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

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

Regular physical activity can help relieve the pain and discomfort of arthritis, but many believe that activity will make their pain worse.

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

[Dr. Helmick] Thank you.

[Ted Pectorius] So Dr. Helmick, how common is arthritis in the United States?

[Dr. Helmick] Well, arthritis is one of the most common diseases in the United States. There are over 54 million adults with arthritis, and that's projected to increase to 78 million by 2040.

[Ted Pectorius] And are there different kinds of arthritis?

[Dr. Helmick] Yeah, there are over 100 types of arthritis. The most common types are osteoarthritis, rheumatoid arthritis, lupus, and gout.

[Ted Pectorius] So is it true that most people who have arthritis are over 65?

[Dr. Helmick] No, that's not true. Most people with arthritis are under age 65. Many of them are middle aged.

[Ted Pectorius] So, what are the symptoms?

[Dr. Helmick] The symptoms of arthritis are pain, aching, stiffness, or swelling in or around the joint, and this can have real consequences. There are 23 million adults with arthritis in the United States who say that arthritis limits their usual activities, and the proportion has been increasing since 2002; it's increased by 20 percent.

[Ted Pectorius] Can it be cured?

[Dr. Helmick] Well, most arthritis can't be cured but it can be managed well. The only real cure is doing total joint replacement, like replacing a hip or knee, and these are some of the fastest growing procedures in the United States.

[Ted Pestorius] So most of us probably don't want that so what about prevention or control?

[Dr. Helmick] Well, most types can't be prevented either, but if you keep your weight down and if you stay physically active and avoid joint injuries, you can reduce your chances of getting knee osteoarthritis. That's one of the most common types of arthritis.

[Ted Pestorius] So where can listeners go to get more information about arthritis?

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

[Ted Pestorius] Thank you very much, Dr. Helmick. I've been talking today with Dr. Charles Helmick about ways to prevent or control arthritis. Maintaining a healthy weight and getting regular physical activity can help you manage your arthritis. If you've been diagnosed, ask your healthcare provider about an exercise regimen that's best for you.

Until next time, be well. This is Ted Pestorius 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.