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Wise lifestyle choices can help you manage arthritis

Arthritis is a common ailment of the joints and connective tissue that affects about one in four adults according to the U.S. Centers for Disease Control and Prevention. It occurs in the hands, hips and knees. Arthritis can lead to severe joint pain, limiting everyday activities and affecting your ability to work, as well as your mental health.

While arthritis is more common among older adults, it can occur at any age, even in children. Almost two-thirds of the adults with arthritis are of working age, between 18 and 64 years of age. Genetics, age and gender are risk factors for arthritis that are beyond your control. But there are other risk factors that can be managed with

lifestyle changes. Those include obesity, joint injury or overuse, occupation, infection and smoking.

Eating a healthier diet, becoming more physically active and quitting smoking are some things you can do to decrease your risk of getting or worsening arthritis.

To help with arthritis, choose physical activities that are easy on the joints.

These include walking, gardening, dancing and swimming. These joint-friendly activities can help to decrease pain,

improve range of motion, increase energy and improve mood.

Increasing physical activity can help with weight loss, which in turn helps with arthritis. Aim for at least 150 minutes of moderate physical activity a week. But any activity is better than none. The key is to move more and sit less throughout the day.

Taking control of your health is an important step in managing arthritis. Track your symptoms, make healthy choices and get help with tasks that are challenging for you.



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