

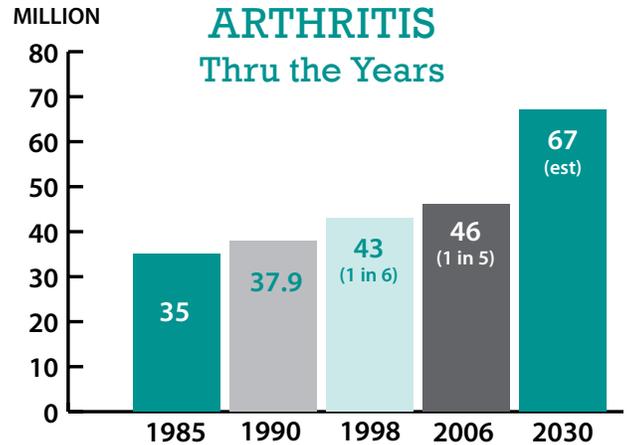
# Just the Facts

# ARTHRITIS

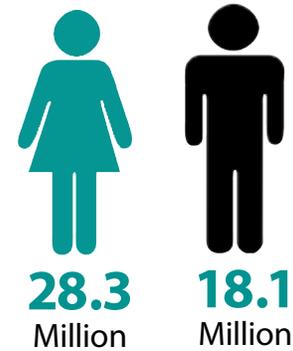
Most people expect a few creaky joints as they age but are less aware that arthritis crosses all age, gender and ethnic lines. Simple tasks like dressing and eating can be difficult and affect everyday life. As you look through these facts and figures, note one that states 50% of Americans affected by arthritis think “nothing can be done to help them”. Those of us in the natural remedy world choose to believe otherwise and we’ve devoted several articles on what can and does help, available online in our Health Library at [www.e-tyh.com](http://www.e-tyh.com).

## Arthritis

- ◆ one of the most prevalent chronic health problems
- ◆ the nation’s leading cause of disability among Americans over age 15
- ◆ second only to heart disease as a cause of work disability
- ◆ limits 7 million Americans in everyday activities such as walking, dressing & bathing
- ◆ results in 39 million physician visits
- ◆ causes more than a half million hospitalizations
- ◆ costs \$128 billion annually to the U.S. economy
- ◆ affects all age groups & nearly 300,000 children
- ◆ affects more than half of baby boomers under age 65
- ◆ leaves 50% of Americans feeling helpless; thinking nothing can be done to help them
- ◆ refers to more than 100 different diseases that affect areas in or around joints
- ◆ primarily involves muscles & bone structures
- ◆ systemic forms affect any bodily organ or system, including the heart, lungs, kidneys, blood vessels & skin



## By Gender\*



\*doctor-diagnosed arthritis figures

## Adult Arthritis & Weight\*



Under & normal weight **16%**

Overweight **21.7%**

Obese **30.6%**

\*BMI & doctor-diagnosed arthritis

**Resources:** Arthritis Foundation of America ([www.arthritis.org](http://www.arthritis.org))  
 CDC Arthritis Related Statistics & Report on the Impact of Arthritis ([www.cdc.gov](http://www.cdc.gov))

## Common Types of Arthritis

**Ankylosing spondylitis** Involves the spine.

**Fibromyalgia (FMS)** is a wide spread “amplified” pain of muscles and joints (Ed: per AF).

**Gout** affects mostly men. Uric acid crystals formed in small joints, classically the big toe, are very painful.

**Juvenile arthritis** includes all types diagnosed in children, such as juvenile rheumatoid arthritis.

**Lupus (SLE)** is inflammatory, damaging connective tissues and joints body-wide.

**Osteoarthritis (OA)** is “aging” or traumatic; the most diagnosed. Cartilage degenerates, causing bone to rub on bone, pain and loss of function.

**Rheumatoid arthritis (RA)** is one of the most serious, disabling types. RA inflammation and damage to joint lining are caused by immune system malfunction.

**Scleroderma** is a thickening and hardening of connective tissue, including skin and organs.

[Source: Arthritis Foundation]