



Committed to your health and our community

## May is Arthritis Awareness Month

May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. These numbers are only going to keep growing—unless we take a stand.

The Arthritis Foundation is leading the way to conquer arthritis and its effects through our advocacy efforts at the state level and on Capitol Hill,

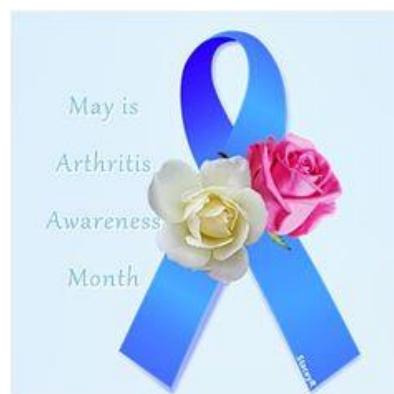
our cutting-edge scientific research, and our tools and resources that help you live your best life.

The first steps in conquering arthritis are learning the facts, understanding your condition and knowing that help is by your side. Below, you'll find some telling statistics about the current impact of arthritis on the U.S. population, resources to help you learn more about arthritis, and additional information on how you can help and get involved.



## IN THIS ISSUE

**Yelm Family Medicine will be Closed; Monday May 29<sup>th</sup> In observance of Memorial Day.**



## [\*\*Living with Arthritis\*\*](#)

Arthritis is painful. It prevents us from leading active, healthy lifestyles. It means we are more likely to develop other serious illnesses. It means we need to fight harder. The Arthritis Foundation is leading this fight by offering simple, yet effective ways to conquer the everyday battles and take control of your condition.

## [\*\*Arthritis Treatment Options\*\*](#)

### [\*\*Understanding Your Arthritis\*\*](#)

#### [\*\*Treatment Plan\*\*](#)

Learn about different types of treatment approaches for arthritis, including biologics, DMARDs, advanced therapies, other medications, and the benefits and risks of arthritis medications. [Read More >>](#)

#### [\*\*Arthritis Medication\*\*](#)

Get information about the drugs used to treat arthritis and its symptoms, from dosages and precautions to side effects and medication safety. [Read More >>](#)

#### [\*\*Joint Surgery\*\*](#)

Learn about the different types of joint surgery for arthritis and steps

you can take before and after to ensure success. [Read More >>](#)

## [\*\*Natural Arthritis Treatments\*\*](#)

Get information about natural treatments that can support your health and help ease your pain and arthritis symptoms. [Read More >>](#)

## [\*\*Arthritis Pain Management\*\*](#)

### [\*\*Understanding Arthritis Pain\*\*](#)

Whether it's dull, sharp, burning or a pressure that could only be described as having a boa constrictor squeezing one of your joints, chronic arthritis pain is all too common. For the approximately 50 million Americans with some form of arthritis or a related disease, pain is a wily and persistent nemesis. [Read More >>](#)

### [\*\*Chronic Pain & Arthritis\*\*](#)

For millions of Americans who have some form of arthritis or a related disease, pain is chronic, or long-lasting. Technically, pain is considered chronic when it lasts three to six months or longer, but arthritis pain can last a lifetime. [Read More >>](#)

### [\*\*Fatigue & Arthritis\*\*](#)

If pain is the most common and troublesome symptom of arthritis, fatigue runs a close second. Often the two are closely related.

Dealing with pain day to day can wear you down and cause fatigue. Being fatigued, in turn, can worsen pain and make it more difficult to manage. [Read More >>](#)

## [\*\*Joint Protection & Arthritis\*\*](#)

Arthritis aches and pain can affect your daily life. But there are simple ways to protect your joints, reduce strain and improve how you function each day. [Read More >>](#)

## [\*\*Arthritis Flares\*\*](#)

If you have arthritis, you've probably experienced a flare at one time or another – your disease seems to be well under control for a while, then suddenly your joints become inflamed and painful.

[Read More >>](#)

## [\*\*Arthritis Pain Management Tips\*\*](#)

Helpful arthritis pain management tips to improve your pain. [Read More >>](#)

