



## **A MINUTE OF HEALTH WITH CDC**

### *Pain Management*

*National Arthritis Awareness Month – May 2017*

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

Arthritis is one of the most common chronic conditions in the United States. Unfortunately, as the population ages, it's only expected to increase. Nearly 54 million adults have arthritis, and that number could grow to 78 million by the year 2040. There is no cure for arthritis, but it can be managed. Regular exercise can improve mobility and strengthen muscles, and controlling weight gain can reduce the impact on joints. Certain medications can help with pain management. If you or someone you know is experiencing chronic joint pain, talk to a health care provider about ways to maintain a healthy, active lifestyle.

Thank you for joining us on a Minute 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.*