



A CUP OF HEALTH WITH CDC

Managing Arthritis

World Arthritis Day – October 12, 2017

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

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

Arthritis is a common chronic condition among Americans. As the population ages, the number of people with this condition is expected to increase dramatically.

Dr. Jennifer Hootman is with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss the importance of early diagnosis and management of arthritis. Welcome to the show, Jennifer.

[Dr. Hootman] Thank you.

[Dr. Dooling] Jennifer, what is arthritis?

[Dr. Hootman] Arthritis encompasses a broad range of conditions that primarily affect the joints.

[Dr. Dooling] How many people in the U.S. have arthritis?

[Dr. Hootman] Currently, 54 million adults in the U.S. have arthritis. We expect that number to increase to 78 million by the year 2040. We feel this increase is mostly because of aging of the population, but also, the increases in obesity are playing a role.

[Dr. Dooling] What are the symptoms?

[Dr. Hootman] The most common type of arthritis is osteoarthritis and the symptoms include pain, aching, stiffness, and swelling around a joint. Eventually, the cartilage can break down and that would require a joint replacement. Other types of arthritis affect other systems in the body. Rheumatoid arthritis, one of the most common, can affect the heart and kidneys.

[Dr. Dooling] Can arthritis be cured?

[Dr. Hootman] Currently, there are no cures for arthritis, but it can be managed.

[Dr. Dooling] What can people do to manage arthritis and maintain a high quality of life?

[Dr. Hootman] There are several things people can do. They can see their doctor, because early diagnosis and treatment is important. They can also be physically active. We know that exercise

can increase muscle strength around the joint, which helps take pressure off the joint. If they're overweight or obese, they can lose weight, which takes pressure off the joint, too. They can protect their joints from joint injuries, either related to their occupation or sports and recreation. And the last thing is, they can take an education class out in the community that teaches them how to manage their arthritis.

[Dr. Dooling] Where can listeners get more information about arthritis?

[Dr. Hootman] Listeners can go to cdc.gov/arthritis.

[Dr. Dooling] Thanks, Jennifer. I've been talking today with Dr. Jennifer Hootman about the importance of early detection and management of arthritis.

To manage arthritis, be physically active and maintain a healthy weight. Moderate, low-impact exercise, such as walking, cycling, and swimming can decrease pain, improve function, and delay the debilitating effects of arthritis. If you experience arthritis symptoms, talk with your healthcare provider about strategies to manage the disease.

Until next time, be well. This is Dr. Kathleen Dooling for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.