

South Central's Health on Blast

“Arthritis”

- Arthritis is the inflammation of one or more joints which involves the breakdown of cartilage.
- There are over 100 different forms of arthritis found in adults and children.
- Close to 40 million Americans suffer from Arthritis, including over 250,000 children.
- Half of those sufferers are under the age of 65.

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Foods that help reduce inflammation

- Omega-3 fatty acids
- Extra Virgin Olive Oil
 - Antioxidants
 - Vitamin C- oranges, kiwi, red cabbage, mangos, kale
 - Selenium,- brazil nuts, whole grains, turkey, crab, oysters
 - Carotenes- mustard greens, apricots, pumpkin, carrots
 - Bioflavonoids- blue, black & strawberries, coca powder, leeks, plums
 - Spices- Ginger, turmeric

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Ways to be Good to Your Joints

- **Ditch the High Heels** -heels put extra stress on your knees and may increase your risk of developing osteoarthritis
- **Sit and stand**-alternate between the two to prevent locking yourself in one position
 - **Handle heavy loads**-make heavy loads easier to handle
- **Turn off the tube**-Television not only keeps you sedentary, which slows your metabolism, it also makes you prone to overeating
- **See a yogi**-Yoga and other forms of gentle exercise like Pilates and Tai Chi keep joints strong and muscles limber while erasing stress
- **Sit, soak and soothe.** A warm bath before bed can relieve muscle tension, ease aching joints and help you get a good night's sleep
- **Hang out at the bar.** Eating the veggies typically found in a plain tossed salad from a salad bar can lessen the amount of bone loss