

November 2014

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Arthritis - Relieving the Pain

In Kentucky, the burden of arthritis is extremely high; approximately 32 percent of Kentuckians have been diagnosed with arthritis, (BRFSS 2013). The Centers for Disease Control and Prevention (CDC) recommends physical activity as a proven and effective way to decrease the symptoms relating to arthritis pain.

“Is arthritis keeping you from living the life you want? Then take charge with moderate physical activity. Studies show that getting your heart rate up and keeping it up, at least 30 minutes a day, 5 days a week (for a total of 2.5 hours a week), helps reduce the pain, fatigue, and stiffness from arthritis.” (CDC, 2010)

Kentucky Arthritis Program

for more information call

800-633-8100

“Regular physical activity doesn’t just relieve arthritis pain in your knees, hips and ankles, but also in your hands, shoulders, and wrists. It can also give you more energy and improve your mood.” (CDC, 2010)

So, how do you get started? Start slowly, be safe, and gradually work your way up by increasing your minutes of physical activity.

Take a Walk.

Choose activities you like and make them a regular part of your day.

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**Physical activity.
The *arthritis* pain reliever.**

www.cdc.gov/Arthritis



Do you have arthritis? Try moderate physical activity, it can help:



- Reduce pain,
- Increase energy,
- Improve muscle health,
- Enhance mobility,
- Keep bones and joints healthy.

The Kentucky Arthritis Program recommends trying evidence-based physical activity programs to help reduce the symptoms of arthritis pain. Programs such as **Walk With Ease** could safely help you increase physical activity.

For more information about arthritis programs in Kentucky call **800-633-8100** or email **Kentucky.Arthritis@ky.gov**

For More Information:

- Centers for Disease Control and Prevention—Arthritis—<http://www.cdc.gov/arthritis>
- Kentucky Cabinet for Health and Family Services
Kentucky Arthritis Program—<http://chfs.ky.gov/arthritis>



Kentucky Public Health
Prevent. Promote. Protect.

References

Kentucky Department for Public Health (KDPH) and the Centers for Disease Control and Prevention (CDC). *Kentucky Behavioral Risk Factor Survey Data*. Frankfort, Kentucky: Cabinet for Health and Family Services, Kentucky Department for Public Health, [2013].

CDC. (2010). *CDC - Arthritis - Interventions - Campaigns - Physical Activity - General Materials#4, Physical activity: The arthritis pain reliever - Brochure (Color)*. Retrieved October 9, 2014, from www.cdc.gov/arthritis/interventions/physical/general.htm#4

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