

JOINT PAIN TAKES A JOINT EFFORT



Work with your doctor to manage your arthritis symptoms.

We all know the joys of growing older. But oftentimes, that joy comes with a little bit of pain. Arthritis, also known as joint inflammation, is one of the leading causes of disability in America, impacting people of all ages.¹ And it affects some more than others. Women, for example, are more likely to develop arthritis and it occurs more frequently as you get older.¹

The good news is, managing joint pain and other arthritis symptoms can help you maintain your daily activities and enjoy life. Here are some common types of arthritis and steps you can take to help manage the pain.

Type of arthritis ²	Symptoms ²
Osteoarthritis: This is the most common type of arthritis, in which the cartilage and bones within a joint break down.	Pain, stiffness, swelling and decreased range of motion that usually develops slowly and gets worse over time.
Rheumatoid arthritis: A disease in which the immune system attacks healthy cells by mistake, causing inflammation in the affected area. It mainly affects joints but it can also cause problems in organs such as the lungs, heart or eyes.	Joint pain or aching, stiffness, swollen joints, fever, fatigue and weight loss.
Fibromyalgia: A condition that causes pain all over the body. Its cause is unknown.	Widespread pain, fatigue, depression, anxiety and trouble thinking or concentrating.
Gout: A temporary condition that usually occurs in one joint at a time.	Sudden pain that is usually intense, swelling, redness and heat. Common in the big toes, lesser toes, ankles or knees.
Childhood arthritis: The most common type of arthritis in children is juvenile rheumatoid arthritis. The disease can cause permanent joint damage that makes it difficult for children to do everyday things. It can result in disability.	Joint pain, swelling, fever, stiffness, rash, fatigue and loss of appetite.

Together, all the way.®



HOW TO MANAGE ARTHRITIS



1. Pay attention to symptoms³

The most common symptoms of arthritis are pain, swelling or stiffness in one or more joints, or joints that are red or warm to the touch. You may have difficulty moving a joint or doing your normal activities.



2. Visit a doctor³

If you have joint symptoms that last three days or more or have several joint symptoms within a month, be sure to visit your doctor as soon as you can. Some types of arthritis require prompt attention as they can cause permanent joint damage. So it's important to find out what kind of arthritis you have and what your doctor recommends for treatment.



3. Get active⁴

Exercise can help decrease pain, improve joint function and delay disability. Try getting 30 minutes of moderate physical activity at least five times a week. You can even break it down into ten-minute sessions throughout the day. Don't forget to include muscle strengthening, balance and flexibility exercises in your weekly routine.

Before you start a new workout plan, check in with your doctor to find out what exercises might be right for you.



4. Watch your weight

For every pound you lose, you reduce the pressure on your knees by four pounds.⁴ That means, even if you only lose 5% of your current weight, you may reduce your pain, and limit arthritis progression, so you can do more with your life. It all starts with a healthy diet! Try complementing your new workout routine with more fruits, vegetables and lean protein.



5. Protect your joints

Sports or occupational-based injuries can increase your likelihood of developing osteoarthritis.⁴ Make sure to protect yourself at work and play.



1. Arthritis Foundation. "What Is Arthritis?" <http://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php> (accessed July 20, 2017).

2. Centers for Disease Control and Prevention. "Arthritis Types." <https://www.cdc.gov/arthritis/basics/types.html> (last reviewed January 9, 2017/last updated July 6, 2017).

3. Arthritis Foundation. "When to Make an Appointment With Your Doctor." <http://www.arthritis.org/about-arthritis/understanding-arthritis/when-to-see-a-doctor-about-arthritis.php> (accessed July 20, 2017).

4. Centers for Disease Control and Prevention. "Key Public Health Messages." <https://www.cdc.gov/arthritis/about/key-messages.htm> (last reviewed July 6, 2017/last updated October 18, 2017).

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