

What to know about arthritis

There are 2 main kinds of arthritis

- *Osteoarthritis (AH-stee-oh-ar-THRY-tis)* is the most common kind, usually coming with age and most often affecting the fingers, knees, and hips
- *Rheumatoid (ROO-mah-toyd) arthritis* happens when the body's own defense system does not work right, often affecting the hands and feet

Talk with your doctor if you have any of the following:

- Joint pain
- Weight loss
- Trouble moving around
- Trouble breathing
- Fever
- Rash or itch

What should I do for arthritis pain?

- Take any arthritis medicine your doctor tells you to take
- Take a warm shower
- Do gentle stretching exercises
- Use an ice pack on the sore area
- Rest the sore joint

How can I keep from getting worse?

- Keep your weight down
- Exercise the way your doctor tells you to

If you think you have arthritis, see your doctor.

This material has been developed by GlaxoSmithKline.