Arthritis

What is arthritis?

Arthritis means joint inflammation (swelling), and it can affect joints in any part of the body. Joints are places in the body where two bones meet. There are over 100 different types of arthritis.

How can a disaster affect my health if I have arthritis?

No matter which type of arthritis you have, the goal of treatment is to reduce pain and improve daily functioning. It is important that treatment plans (exercise, medications, plenty of rest, decreased stress, healthy diet) be followed during a disaster in order to:

- Maintain healthy joints
- Relieve stiffness
- Reduce pain
- Reduce tiredness
- Improve muscle and bone strength

What can I do during a disaster to protect my health?

It is important that treatment plans be followed. This may be hard to do in a disaster, but following your treatment plan can go a long way in keeping up with your joint health.

- Try to exercise
- Get plenty of rest
- Avoid holding 1 position for too long
- Avoid positions or movements that put extra stress on your joints
- Use grab bars in the shower, tub, and near the toilet; or hold on to something sturdy
- Reduce stress

Which special tips should I remember if I have arthritis?

Along with the emergency kit and emergency plan remember to:

- Store extra medicine in your emergency kit to help arthritis pain:
    - Tylenol, Aspirin, ibuprofen, or naproxen
- Try to follow a healthy diet with vitamins and minerals, especially antioxidants like vitamin E, which is found in fruits and vegetables