

Don't Let Arthritis Slow You Down!



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What is Arthritis?

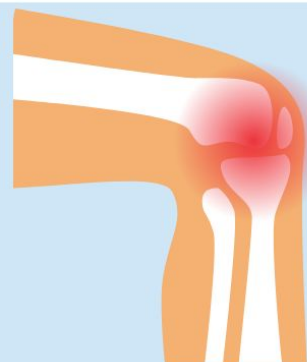


Arthritis is a common condition that affects your joints, causing pain, stiffness, and inflammation. Over 100 different types exist, impacting people of all ages. In the UK alone, over 10 million people live with arthritis, that's one in six people.

Taking Control

- Talk to Your GP: Discussing your concerns and symptoms is crucial for diagnosis and treatment planning.
- Learn About Your Type of Arthritis: Understanding your specific condition empowers you to manage it effectively.
- Join a Support Group: Connect with others living with arthritis, share experiences, and gain valuable insights.

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Living with Arthritis

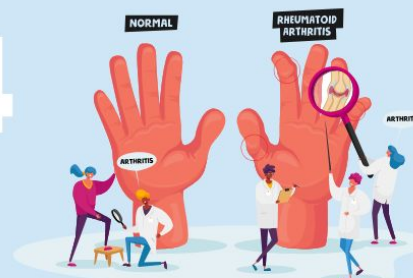
Living with arthritis can present challenges, but it doesn't have to define you. By working with your doctor, incorporating healthy habits, and exploring treatment options, you can manage your symptoms and maintain an active, fulfilling life. Remember, millions of others are on this journey with you – there's support and resources available to help you thrive.

Signs & Symptoms:

- Joint pain (especially in the morning or after activity)
- Stiffness, particularly upon waking or after periods of inactivity
- Swelling, redness, and warmth around the affected joint(s)
- Reduced range of motion in the joint



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