

HEAT & COLD THERAPY

Applying heat packs or ice packs can help manage pain and inflammation.

MEDICATION

Your GP (General Practitioner) can prescribe pain relievers, anti-inflammatory drugs, and disease-modifying drugs.

THERAPY

Physiotherapy and occupational therapy can help strengthen muscles, improve joint flexibility, and manage daily activities.

Living with Arthritis

You are not ALONE!

WEIGHT MANAGEMENT

Maintaining a healthy weight reduces stress on your joints.

EXERCISE

Regular, low-impact exercise like walking, swimming, or yoga can improve joint health and mobility.

• **Get regular health screenings** •

Health
is wealth

