

National prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation—United States 2003-2005

ONE MINUTE PODCAST TRANSCRIPT

STANDARD CDC VOICEOVER INTRO

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INTRO MUSIC

Do you have pain, aching, stiffness or swelling in or around your joints? Have you had these symptoms for 3 months or more? Then it's time to talk to your health care provider because these are all symptoms of arthritis.

Arthritis is one of the most common chronic diseases in the U.S. In fact, over 46 million people suffer from it. Of those, 17 million people experience at least some type of limitation in their activities.

A health care provider can tell you whether you have arthritis and can help you develop a plan to manage it. The plan might include medicine to control the pain but it can also include losing weight and increasing physical activity. Moderate physical activity can reduce arthritis pain and improve your strength.

So don't wait until your daily activities become limited before you talk to a health care provider. Take control of your arthritis before it takes control of you.

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