



A MINUTE OF HEALTH WITH CDC

A Quick Look at Arthritis

Projected 2030 Prevalence of Self-Reported Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitations — United States

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Joint stiffness, pain, and swelling are all symptoms of arthritis. There are many causes of arthritis, but it commonly develops when joint cartilage breaks down due to wear and tear.

Arthritis is a common problem, affecting nearly 46 million Americans. This number will probably increase, in part because people are living longer. You have a greater risk of being disabled from arthritis if you are overweight or physically inactive. Low impact exercises, such as walking, stretching, cycling, or swimming are easy on the joints and will help you stay strong and flexible. Losing even a small amount of weight can help by easing the stress on your joints.

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