

# Arthritis Today

Updates & Tips to Live Your Best Life



Feasting, family and festivities. Enjoy it all with these ideas for living it up with arthritis.

## Ready for Flu Season?

Taking anti-inflammatory arthritis medicine can weaken your immune system. These vaccines might help.

[Check Your Vaccines](#) →

## 10 Exercise Tips for Cooler Temps

Physical activity can ease pain and boost energy. Here's how to keep it up when it's cold outside.

[Keep Moving](#) →

## “Very Pumpkiny Pumpkin Pie”

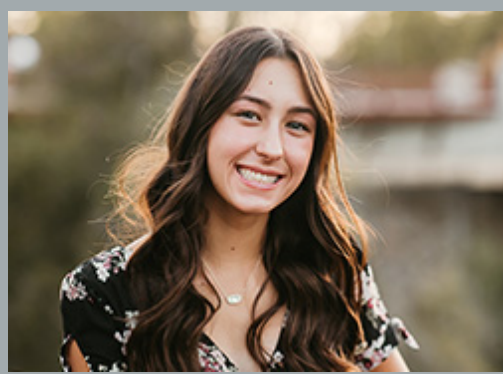
[Bake It](#) →



## Announcing Our First Clinical Trial

Learn about our clinical trial focused on people at high risk for post-traumatic osteoarthritis in the knee.

[Fast Facts](#) →



## Young Advocate Award Winner

Read how Macy is helping people with arthritis in her community.

[Meet Macy](#) →

## What's Your Biosimilars IQ?

Biosimilar medicines are creating competition for popular arthritis drugs.

[Watch the Videos](#) →



## Designed for You

## Ezy Dose® Medtime® Push-Button Pill Organizer

[Buy Now](#) →



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.