

# Arthritis Today

Updates & Tips to Live Your Best Life



Hip Pain Keeping You Awake?

## 4 Common Causes of Hip Pain

Hip pain keeps more than 1/3 of U.S. adults awake at night. To get a good night's sleep, start by identifying why your hip hurts and how to treat it.

[What's Causing Your Pain](#)

## Expert Tips on Joint Replacement

In this podcast, you'll hear the pros and cons of surgery from orthopedic surgeon Dr. Alan Beyer.

Are your aching joints keeping you awake at night? Is pain keeping you from doing the things you love? If you've considered replacing your worn and painful joints, you'll want to listen to what our expert says.

[Is Surgery Right for You?](#)



**What I like about [the California Coast Classic] is not just the beauty of the ride, but the beauty of the people I ride with.**

*Pete Staylor, 19-time CCC participant, shares a [short video](#)*

## Learn Something New

Life Hack



### Helping Hands

Learn the best therapies for hand and wrist OA. Watch our expert Q&A to get great tips for reducing pain.

[GET TIPS →](#)

Recipe

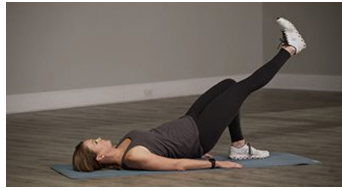


### Sunny-Side-Up Salad

This delicious Southwest-inspired couscous salad is packed with protein and full of fresh flavor and spices.

[EAT UP →](#)

Movement



### Core Workout Demo

Whip your core into shape to support nearly every move you make with these simple yet effective exercises.

[MOVE IT →](#)

## Made for You



### Taking medication shouldn't cause you more pain.

Let Ezy Dose help make things simple with the Daily AM/PM pill planner. This planner features strain-free push buttons that won't burden your fingers or hands and a contoured bottom that makes it easy to remove your medications.

[BUY NOW →](#)

**Your everyday tasks don't have to be a pain.** The Ease of Use program recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.

