

Arthritis Today

Updates & Tips to Live Your Best Life



Are you dreaming of warmer weather and sunny days? Thankfully, they're just around the corner — and we've got some great tips to help you prepare. From boosting your collagen levels to taming inflammation with food, we've got the tricks you need to feel good enough to tackle your springtime to-do list.

Can Collagen Help Arthritis?

It's a protein we've all heard about, but is collagen really that important for people with arthritis? Find out what the latest studies show.

[Learn How Collagen Could Help You](#)

Less Pain, More Sleep

It's been more than a week since you've changed the clocks, so why are you still so tired? Find out how to pinpoint your sleeping problems and what you can do to resolve them.

[Get Better Sleep](#)

Fight Gout With Food

If you're one of the 8 million Americans with gout, you know how painful a flare can be. Learn what foods you should avoid and which you can splurge on to keep gout in control.

[Find Gout-Friendly Foods](#)

Learn Something New

Life Hack



Kitchen Hacks

Find out how these helpful kitchen tools can make cooking easier on your joints.

[GET TIPS →](#)

Recipe



Feel-good Foods

Learn which foods can help you fight inflammation and feel better.

[EAT UP →](#)

Movement



Hula for Health

Get fit while having fun. Try this hula-hooping workout to keep your joints limber.

[MOVE IT →](#)

Made for You

Get proven pain relief without a prescription.



Voltaren Arthritis Pain Gel with easy open twist cap is a topical gel that targets pain directly at the source. Voltaren delivers clinically proven, nonsteroidal anti-inflammatory medicine for powerful arthritis pain relief with a proven safety profile.

[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.