

Arthritis Today

Updates & Tips to Live Your Best Life



Head into fall with a plan for easier mornings and better days. From targeted treatments to student success, we're here to help you find resources and tools that ease pain and make life easier.

Finding the Right Therapy

Typical treatments for rheumatoid arthritis (RA) are life-changing for millions. But for up to 30% of RA patients, these therapies don't offer adequate relief. Learn how Dr. Daniel Solomon's research is helping match these hard-to-treat patients with the right therapy.

[See What It's About](#)

Teacher's Guide for Kids With JA

Headed back to school? Get teacher resources to help educators better understand how arthritis affects a child's ability to learn and function at school.

[Get the Guide](#)

Stress-Free Mornings

Mornings can be especially tough on stiff and painful joints. Head back to school without the struggle by trying these simple tips.

[Tackle the Morning](#)

Cocoa-Spiced Chicken Salad

Spice up your packed lunch with this healthy chicken salad that may help fight inflammation.

[Get the Recipe](#)

Support for All

Everyone needs support. That's why our Connect Groups — like the one run by Vanessa Lazo to empower Hispanic people with arthritis — are so vital. Learn how Vanessa is encouraging and motivating this online community.

[Read Vanessa's Story](#)

7 Tips to Get Moving

Try these practical tips to help shift how you think about physical activity and develop a routine that sticks.

[Make Your Move](#)

Made for You



Get comfortable with writing.

Dr. Grip mechanical pencils are your prescription for writing comfort. Designed for balanced writing, these comfort-grip mechanical pencils make it easier to write.

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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.