

Arthritis Today

Updates & Tips to Live Your Best Life



Welcome to the fresh new look of Arthritis Today, with the same great information, ideas and inspiration. Check out this special roundup of some of our most popular features to date.

Arthritis Patients: Long COVID Risk is Real

Arthritis may increase your risk of long COVID. Learn the symptoms and ways to manage them.

[Get the Long COVID Facts →](#)

September Is Pain Awareness Month

Get expert tips, strategies and support to help you manage your arthritis pain.

[Get Pain Relief →](#)

Reduce Inflammation with this Recipe

[Stir It Up →](#)



9 Exercises for Stronger Hands

You can knock out these exercises throughout your day for stronger hands in seconds.

[Get a Grip →](#)

Arthritis in the Hispanic Community

Understand the impact of arthritis on the Hispanic community and ways to ease arthritis pain.

[Get a Guide →](#)



Turning Pain Into Purpose

Learn how Ashley, diagnosed with RA at 27, became an autoimmune health coach and master trainer.

[Get Inspired →](#)

Ease of Use Products

Duracell Hearing Aid Batteries

The lightweight packaging is simple to open, and the battery tabs are extra-long for trouble-free placement.

[Buy Batteries →](#)



[Ease of Use-certified products](#), from gardening tools to office supplies and everything in between, are tested by people with arthritis and proven to be easy to use by anyone. They are available for purchase online and in retail locations.