

Seize the day

The quality of your life is in your hands.

Redness and swelling from inflammation, tissue damage, fatigue — these are only a few of the signs of arthritis pain. But just as there are many signs of pain, there are also many reactions to it. Some



people become discouraged. Some focus on what they can't do anymore. But many conquer their pain. You can too.

Your hands-on approach

The best way to control pain isn't one way at all. It takes an integrated approach. Here are some tips from the free booklet, *Managing Your Pain*, that can help you find relief.

A Positive Attitude Build your life around wellness, not pain. Focus on things outside of your body, like a hobby, to take your mind off pain.

Self-Talk What you say to yourself can affect how you feel. Negative messages can make pain worse, while positive messages can distract you from it.

Change Your Pain Habits It's easy to stay in bed or rely on unhealthy practices, such as drinking alcohol, to escape pain. Changing bad habits can help you feel better.

Arthritis Self-Help Course (ASHC) This useful course can show you how to keep pain under control. In each group session, you'll gain the skills you need to take an active part in your own care.

Take Medicine Wisely Your doctor or healthcare professional may suggest medicines depending on your type of arthritis, how much pain you have, and other factors. It's important to take medicines exactly as your healthcare professional instructs.

Exercise Regularly Exercise can help you manage pain and improve overall fitness. Ask the New York Chapter of the Arthritis Foundation about fun, low-cost programs such as *People with Arthritis Can Exercise (PACE)* and the *Aquatic Program*. *PACE* uses gentle activities to help increase joint flexibility, improve range of motion, and maintain muscle strength. The *Aquatic Program* is a warm-water exercise class that helps relieve strain on muscles and joints.

Protect Your Body Learn to understand when your body signals that it's getting tired. Take breaks when you need them. Make sure to get enough sleep.



Call the New York Arthritis Exchange™

9:30 a.m. to 4:30 p.m. at (212) 984-8730 or 1-800-246-2884 from area codes 914 and 845.

This free, award-winning phone helpline sponsored by Pfizer Inc can help you take the first step in controlling your arthritis pain. The helpline is staffed with trained professionals and volunteers who are “on call” to answer your questions and offer support. Call today for:

- Information on the *Arthritis Self-Help Course (ASHC)*, *People with Arthritis Can Exercise (PACE)*, and the *Aquatic Program*
- Physician and clinic referrals
- Patient resources such as public forums, family symposia, and support groups
- Information on *Arthritis Advocates in Action*
- Your own free copy of *Managing Your Pain*



Join the New York Chapter of the Arthritis Foundation

You'll receive the quarterly newsletter, *The New York Arthritis Reporter*, and the award-winning magazine, *Arthritis Today*. Both are packed with information on many topics, including treatment, research, insurance, and coping with pain.