

SATELLITE INTERVIEW OPPORTUNITY
WEDNESDAY, APRIL 30, 2008
6:30 A.M. – 9:30 A.M. EDT

GET UP AND STRETCH YOUR LEGS!

MAY IS ARTHRITIS AWARENESS MONTH - THE PERFECT TIME TO LEARN THE HEALTH BENEFITS ATTRIBUTED TO WALKING

Arthritis is a serious and sometimes deadly disease, affecting one in five adults and 300,000 children. In fact, it is predicted that by the year 2030, 67 million people will be affected by arthritis, up from current prevalence estimates of 46 million people. And the prevalence of osteoarthritis, the most common form of arthritis, continues to rise even though it can often be prevented by staying active through simple activities such as walking.

DID YOU KNOW?

- Walking just 30 minutes a day can ease joint pain, improve mobility and reduce fatigue often associated with arthritis.
- A weight loss of 15 pounds can decrease the pain due to osteoarthritis by 50 percent.
- Simple activities, like walking your dog, can limit the impact of arthritis now and in the future.
- Early morning stiffness is a common sign of arthritis. Resist the temptation to rest or “take it easy.”
- Now is a great time to start walking with nationwide Arthritis Walk events sponsored by the Arthritis Foundation. Sign up to begin walking your way to good health!

Our guest, **Patience White, M.D.** will be able to educate viewers about arthritis - what it is, what causes it, and the simple ways we can reduce the chances of being diagnosed with a form of it.

WHO WE HAVE:

Patience White, M.D., is the chief public health officer of the Arthritis Foundation. Her honors and awards include the Newsweek/CBS National American Achievement Award, the State of Maryland's Healthcare Professional of the Year Award, Woman of Valor Award from B'nai Brith Women, and the Outstanding Service award from the George Washington University. In addition to Dr. White's professional and academic accomplishments, she has authored numerous books and articles in such publications as the New England Journal of Medicine and Pediatrics. Much of her published work deals with the long term outcome of youth with disabilities as they move into the world of work and adult medical care.

SUGGESTED QUESTIONS:

1. Why is arthritis such a debilitating condition?
2. What are the warning signs?
3. How can walking prevent the onset of osteoarthritis?
4. Tell us more about Arthritis Walk events taking place nationwide. How can our viewers participate in them?
5. Where can viewers get more information?

TO BOOK AN INTERVIEW PLEASE CALL
WEST GLEN COMMUNICATIONS @ 800-325-8677