



Krista Bauman
Adult Honoree
Walk to Cure Arthritis
Chicago, IL

The past five years have been quite the journey for Krista Bauman. She was diagnosed with mixed connective tissue disease in 2011 and has a combination of rheumatoid arthritis, lupus and scleroderma. She began noticing symptoms about two years prior to her diagnosis. She suffers from Raynaud's and would frequently lose circulation in her fingers and toes. She also started to notice changes with her hair, skin and body and eventually could barely move her hands without pain.

Even though the years after her diagnosis have included trialing medications, hospitalization, visits to specialists and lifestyle changes, Krista is feeling the best she has felt since she began this journey. Krista's energy level may be different than the average twenty-something, but she still finds time to enjoy activities she loves, like playing the piano. She also loves to spend time with her friends and family, listen to live music and try new restaurants around Chicago.

As a social work care manager at Shriners Hospital for Children Chicago, Krista is inspired and blessed to work with amazing kids every day. She has also found inspiration in her involvement with the Arthritis Foundation, meeting many other volunteers who inspire. Krista began participating and fundraising for the Walk to Cure Arthritis to turn a negative situation in her life to a positive.

Krista is proud to have raised over \$10,000 for the Walk to Cure Arthritis with the help of her friends and family. As the Adult Honoree, she wants to spread awareness about arthritis and to share her own journey, "Great things are to come and I am so thankful for the support I have received from my family, friends and the Arthritis Foundation. I want to continue to give back to a great cause."

Thank you, Krista, for sharing your story of Yes.

About the Arthritis Foundation

The Arthritis Foundation, www.arthritis.org is the Champion of Yes. We exist to conquer arthritis, which strikes one in every five adults, and is the nation's leading cause of disability. We have been leading the fight for the arthritis community for nearly 70 years to help conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connection. Our goal is to make each day another stride toward a cure.