

# WALK to CURE ARTHRITIS<sup>SM</sup>



**Tresten**  
**2014 Walk to Cure Arthritis**  
**Youth Honoree**  
**Lincoln, NE**

Tresten is a seventh grader whose struggle with arthritis began before he was even a year old. He would wake up in the middle of the night with severe aching pains in his knees, and some days he could not even walk. After seeing numerous doctors, he was diagnosed with juvenile rheumatoid arthritis (JRA) at 18 months old.

Over the years, Tresten's treatments have included lots of physical therapy, stretching at home and daily medications. He continues to see his rheumatologist in Omaha or Lincoln every three months.

When asked how arthritis has affected his life Tresten said, "Most days I go without major pain but there are days that if I exert myself too much it can hurt badly. For me arthritis had been a big change to my life. There are some sports I want to play but I can't because of my arthritis. I like to do the activities the other kids do in my physical education class. I do enjoy playing baseball but my arthritis does compete against me. I can't run that much or I will hurt badly a couple of hours later and the next day."

Tresten wanted to participate in this year's Walk to Cure Arthritis because he wants to raise money to help find a cure for arthritis. Tresten said, "I know there are a lot of people that struggle more than I do and I would like all of us to live arthritis free lives."

The bravery and courage that Tresten has displayed makes us proud to honor him as the 2014 Walk to Cure Arthritis Youth Honoree.

### **About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.