

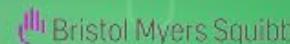
The Arthritis Foundation presents:

Webinar Series
Aging Gracefully
With Arthritis

In collaboration with



Sponsored by



We'll begin shortly...

Champions of Yes



Event Program

- All attendees have been muted
- Q&A function at the bottom of the screen to type in questions
- Presentation, followed by Q&A
- Post-Event Survey

[YouTube.com/ArthritisFoundation](https://www.youtube.com/ArthritisFoundation)
[Arthritis.org/Webinars](https://www.arthritis.org/Webinars)



Tonight's Moderator – Jane Brandenstein



- Retired Physical Therapist
- Arthritis Foundation volunteer leader since 1982
- Brings both professional and patient perspective
- Plays flute in a community concert band



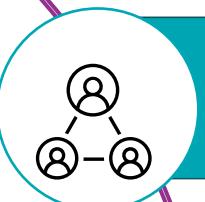
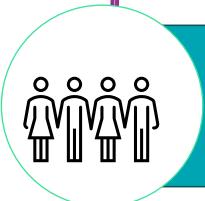
Plays the flute in a community concert band

Which area feels most challenging for you?

- a) Understanding what's happening in my body
- b) Managing pain and staying mobile
- c) Advocating for myself in healthcare or insurance
- d) Staying positive and confident as I age
- e) All of the above



Key Takeaways

-  Understand the connection between arthritis and aging
-  Discover practical strategies for pain relief and mobility
-  Learn how to confidently advocate for your health needs
-  Embrace aging with resilience and confidence

This Webinar is About Aging

For more in-depth information about aging, disease management, diet, sleep, exercise, etc.

- Arthritis.org/health-wellness
- Arthritis.org/webinars
- Arthritis.org/podcast
- Arthritis.org/YES TOOL

Tonight's Expert – Adam Kreitenberg, MD



- Dual board-certified in both rheumatology and internal medicine.
- Focus: Diagnosing and treating autoimmune and inflammatory joint diseases



Serves as the Physician Formulator for 1MD Nutrition

Tonight's Expert – Harwanda Rowell



- Registered Nurse with over 30+ years of experience
- Background in pediatrics, oncology and trauma care
- Currently supporting her aging parents; brings real- life caregiving insight



Specializes in health, wellness and lifestyle coaching

Disclaimer:

This webinar is for educational purposes only and not intended to replace medical advice.



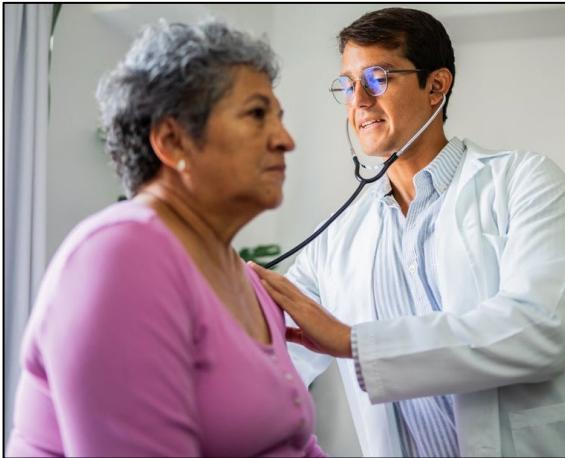
ALWAYS Talk to Your Doctor
Before Making Any Changes to
Your Care Plan!



Understanding Arthritis and Aging

With Dr. Adam Kreitenberg

The Power of Aging



Validation:

Acknowledge your feelings

Adaptation:

Prepare for this new chapter

Empowerment:

Focus on what you can do

With the right care, movement, and mindset, you can live well with arthritis at any age!



Aging is Different for Everyone

- **Natural** life process
- Brings **wisdom, resilience** and **perspective**
- Doesn't mean stopping, it means **adapting**



Aging is a new stage for opportunity and strength

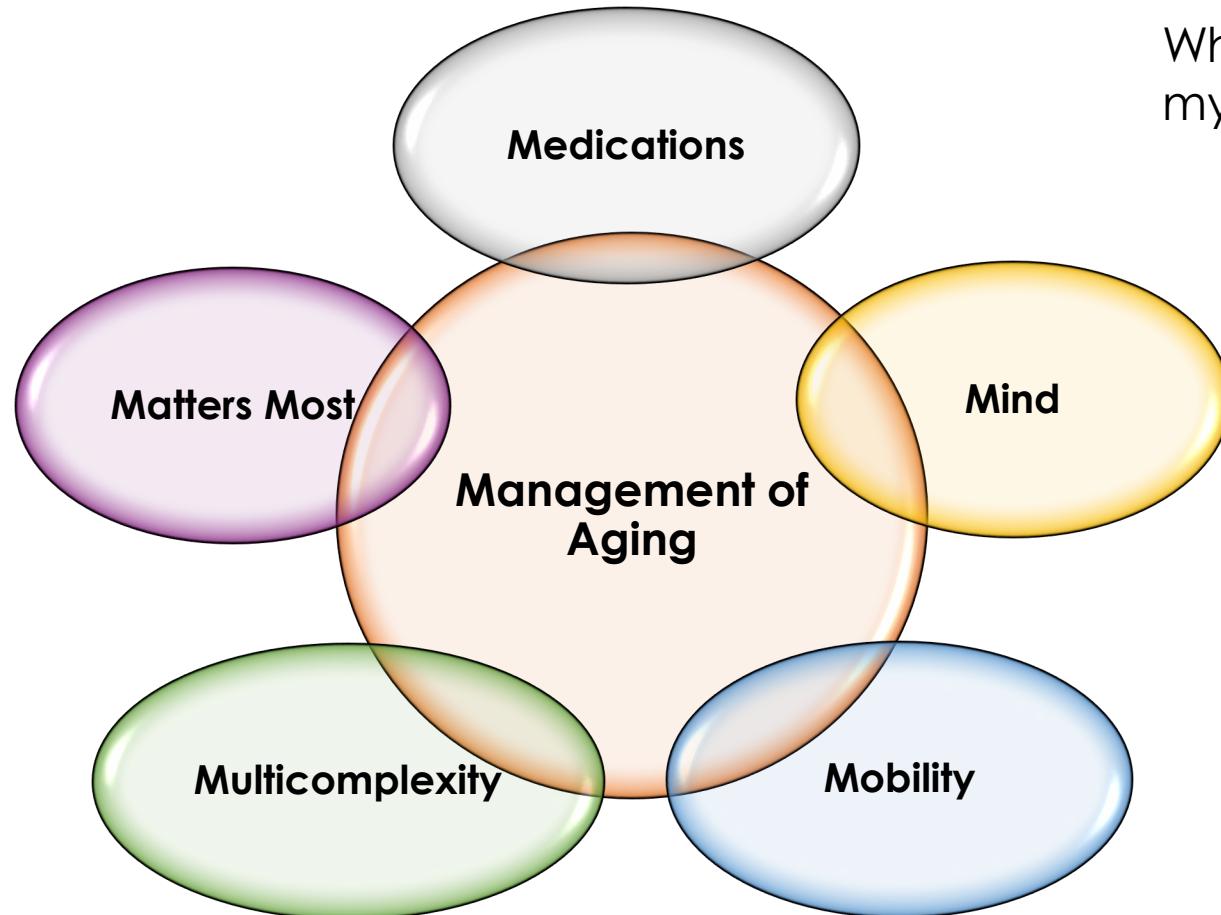
With the right care, movement and mindset, you can live well with arthritis at any age!

Common Signs of Aging in Arthritis

- Increased joint stiffness, especially in the morning
- Chronic pain and ache
- Swelling and inflammation
- Reduced flexibility and mobility
- Bony growths



The 5 M's of Holistic Care



What's important in
my life?

Is my regimen easy to maintain?

How does arthritis affect my
other conditions?

How's my memory?

How do I remain active?

Effective Symptom Management

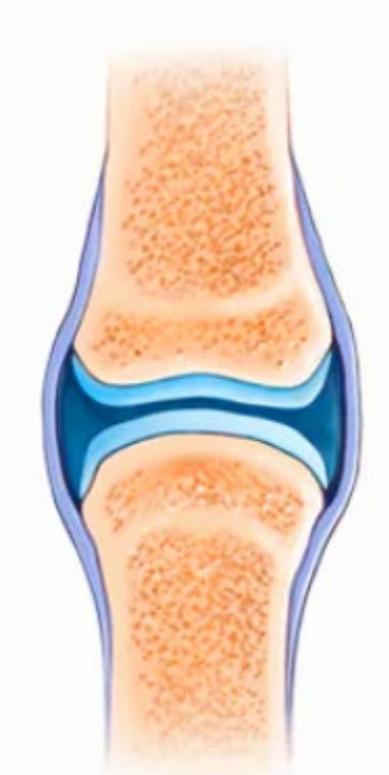
What can I do & what can my doctor do

Arthritis and Aging: The Connection?



Osteoarthritis

Closely linked to age and the degeneration of cartilage over time



Healthy Bones



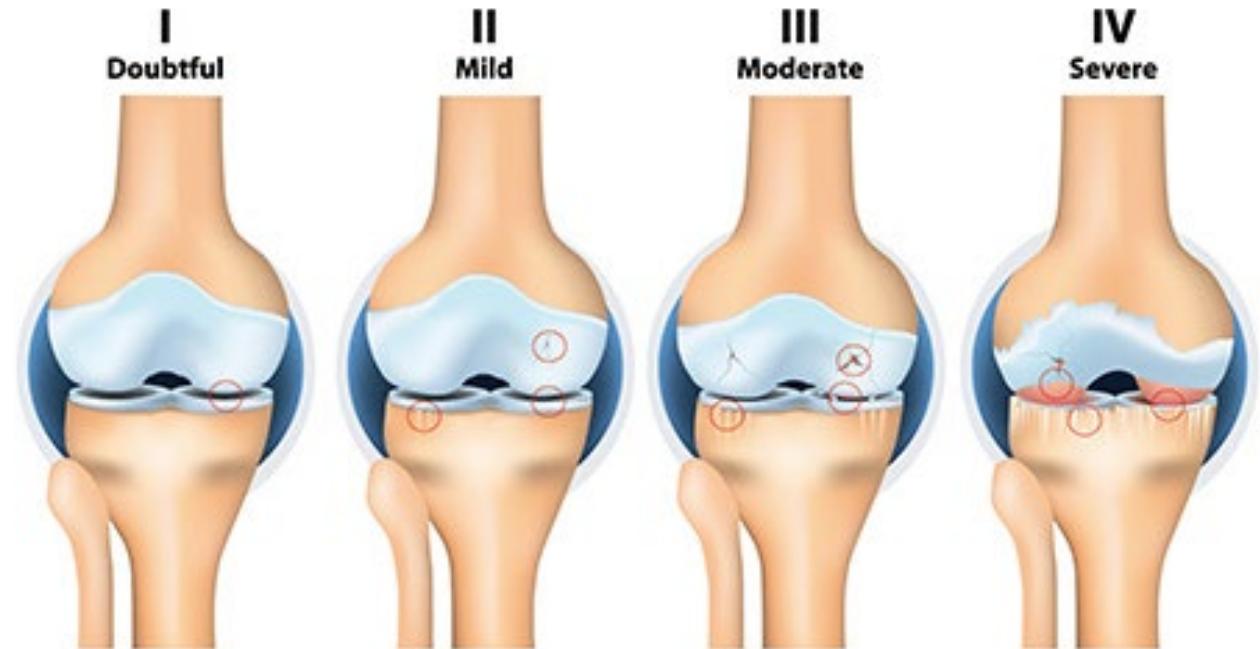
Inflammatory Arthritis

Autoimmune disease that begins at any age, but increases in later life

Osteoarthritis

Risk Factors:

- Increased age
- Genetic predisposition
- Obesity
- Prior joint injury
- Repetitive joint stress



Although older age is the greatest risk factor for OA,
OA is not an inevitable consequence of growing older.

Inflammatory Arthritis

Unlike osteoarthritis, inflammatory types of **arthritis** (ex. **RA, psoriatic, gout** and **ankylosing spondylitis**) are driven the **immune system**. This difference leads to varied outcomes with age.

- Frequently misdiagnosed
- As we age, the immune system also changes
- Require medical intervention through medications
- Accelerated muscle and bone loss due to inflammatory component



Treatment Options

Medical Options

Inflammatory Arthritis (IA)

- Immune-targeting meds
- Inflammation control

Osteoarthritis (OA)

- Pain relief focus
- Joint support therapies
- Mechanical surgeries

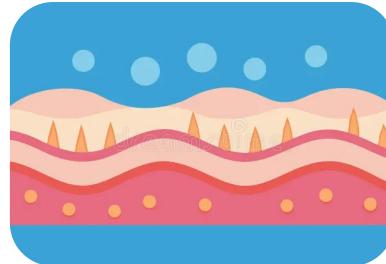
Remember, arthritis is a medical condition we treat, not just a normal part of getting older.



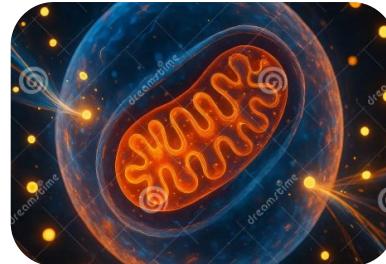
Supplements for Healthy Aging



Creatine



Collagen



NAD+
Boosters



Vitamin D &
Calcium



Omega 3's



CoQ10s



Vitamin B &
Magnesium

Lifestyle Choices

Lifestyle changes are a cornerstone of managing arthritis as you age and can significantly help reduce pain, stiffness, and improve mobility and quality of life.



Maintain a healthy weight



Regular physical activity



Adopt an anti-inflammatory diet



Prioritize rest and sleep



Utilize assistive devices

Work with your rheumatologist to create a care plan that best fits your needs.



Staying Active in Daily Life

Balance, Flexibility and Mobility

Examples of Helpful Physical Activity

Staying active strengthens the muscles around your joints, increases flexibility and range of motion, reduces pain and stiffness, and helps manage weight



Cardio



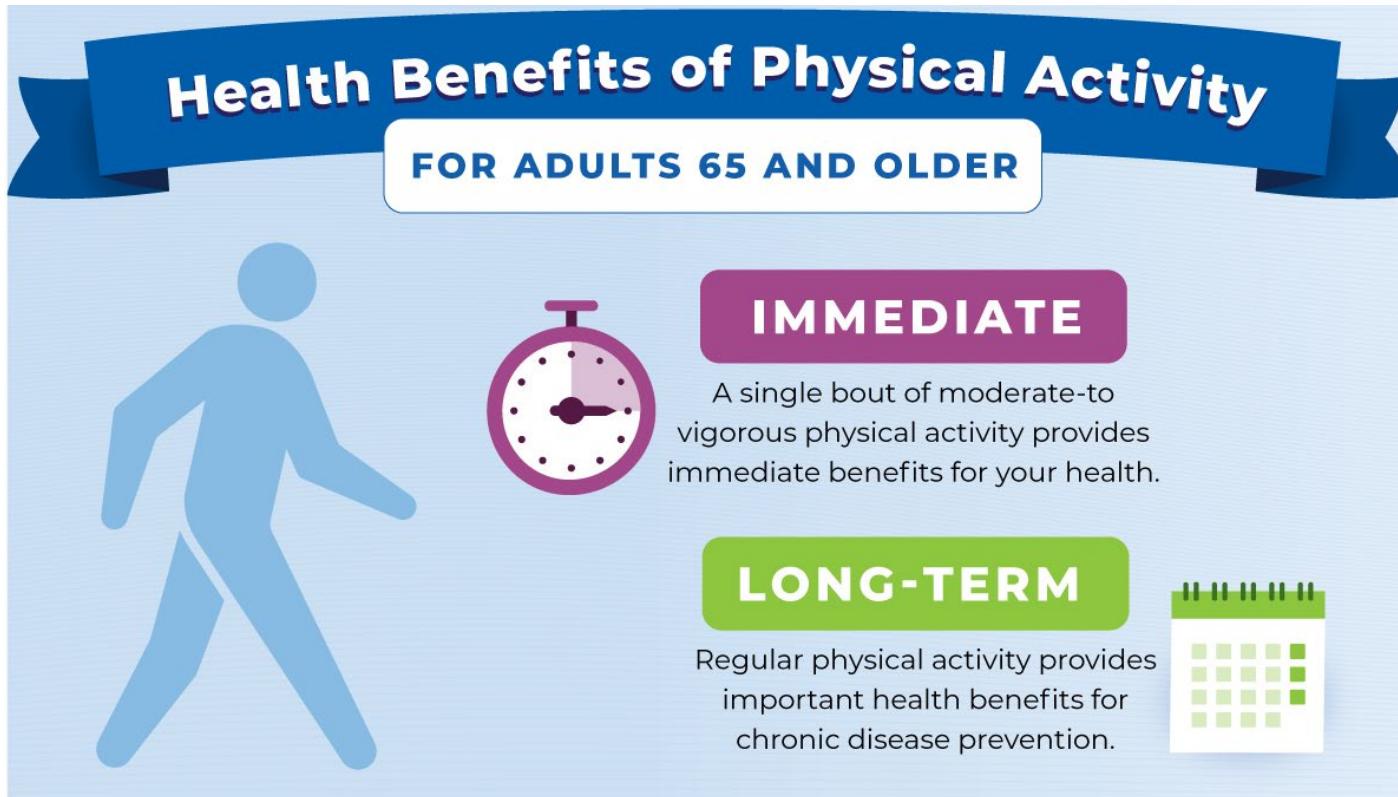
Strength Training



Balance & Flexibility

Ask Dr. Kreitenberg

“I know that I should be active, but how much activity do I REALLY need?”



Simple Daily Example (30 minutes)

10-minute walk
10 minutes light chores
10 minutes chair exercises



Nutrition, Bone Health & Fall Prevention

Being your best you

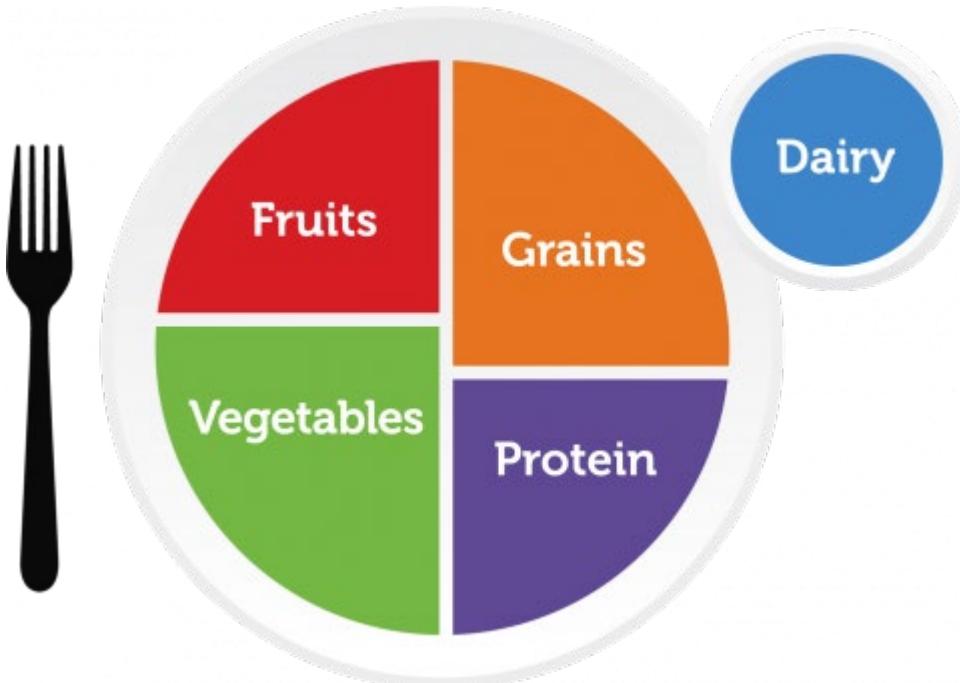
You Are What You Eat

Seniors with arthritis benefit from a healthy diet because nutrition **directly impacts** both **arthritis symptoms** and **overall well-being**.

- Reduces **inflammation** & joint pain
- Supports **bone**, **muscle** & **cartilage health**
- Helps with weight management
- Boosts energy & mobility
- Lowers risk of heart disease, diabetes & osteoporosis
- Improves overall quality of life



Your Daily Food Guide



For more information on the USDA's initiative **MyPlate**, visit www.myplate.gov!

- Encourages **variety** in diet
- Promotes **balance** across nutrients (carbs, protein, fats, vitamins)
- Helps make portion control **easier**
- Aimed to support **long-term health** and reduce risk of disease

Bone Health and Fall Prevention

Aging & Osteoporosis

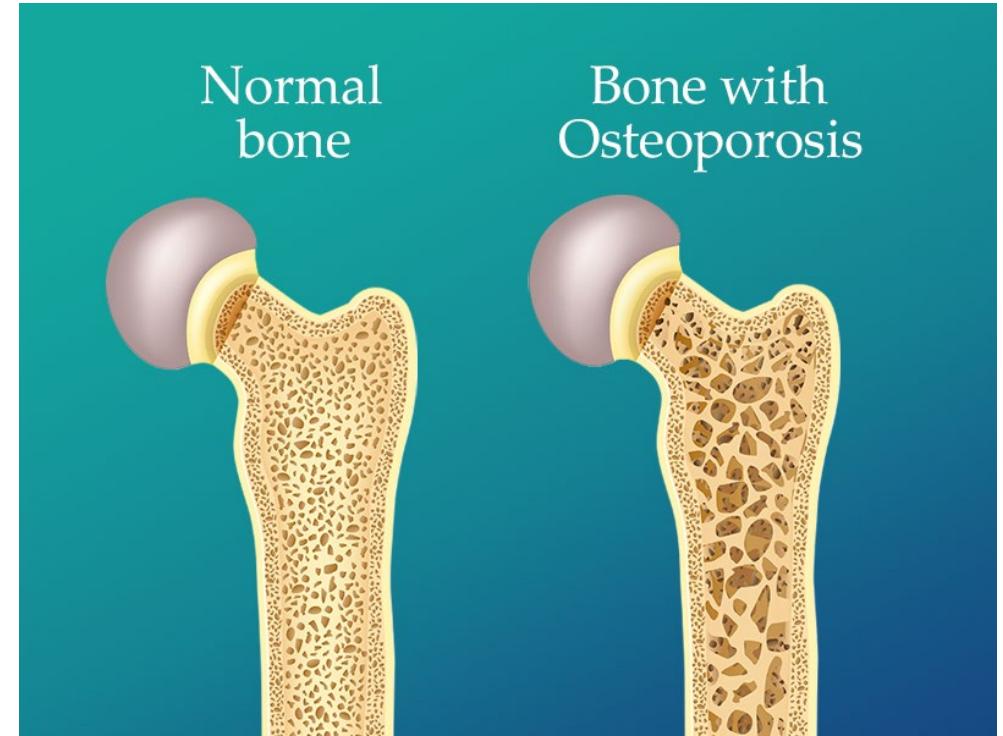
Why Aging Matters: Bone density naturally decreases with age.

Hormonal changes (e.g., menopause in women) accelerate bone loss.

Reduced physical activity contributes to weaker bones.

Screenings: Bone density test (**DEXA Scan**) -
Measures bone mineral density

Recommended for women 65+, men 70+, and younger adults with risk factors.



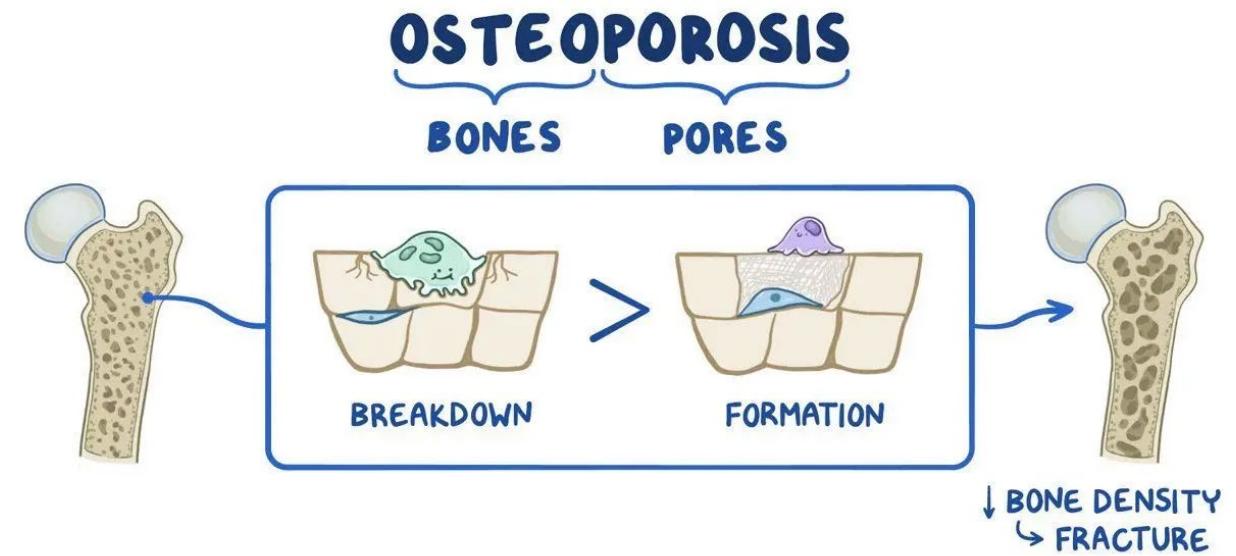
Osteoporosis Treatment

Bisphosphonates – slow bone loss

Denosumab – injection every 6 months

Anabolic therapies – help build new bone

Hormone-related – protect bone in select cases



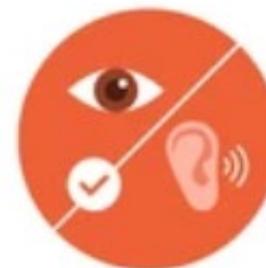
Fall Prevention

Falls are more common with age or mobility issues, but prevention helps protect **health, confidence** and **independence**.

SENIOR FALL PREVENTION



MAKE YOUR
HOME SAFER



GET YOUR VISION
AND HEARING
CHECKED



REVIEW YOUR
MEDICATIONS
WITH YOUR DOCTOR



STAY ACTIVE
AND EXERCISE

Fall Response

What To Do If You Fall

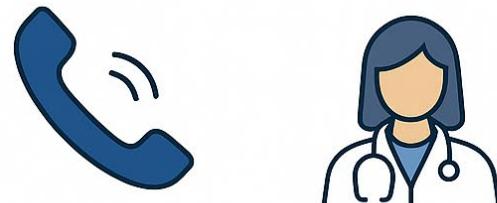
- **Stay Calm & Assess**

- Take a moment — don't rush to get up.
- Check for pain, bleeding, or dizziness before moving



- **If You're Not Hurt**

- Roll onto your side, then get onto hands and knees
- Crawl to a sturdy piece of furniture
- Slowly rise, using support to stand
- Sit down and rest before continuing activity



- **If You're Hurt or Can't Get Up**

- Call for help using a phone, alert system, or by shouting
- Try to make yourself comfortable while waiting

After Any Fall

- Tell a doctor, even if you feel fine
- A fall could signal balance, vision, medication, or bone issues

Test Your Static Balance

Single leg stand—an indication of your risk of falling

1. Stand near a chair with your hands on the chair
2. Lift your foot off the floor
3. Once you are steady, remove your hands from the chair
4. Record the time you can balance without touching the chair or bringing your foot down

How many seconds can you maintain your balance?

Adapt

Managing Physical Changes

Adapting to Physical Changes



Low impact exercising
walking, swimming, tai chi



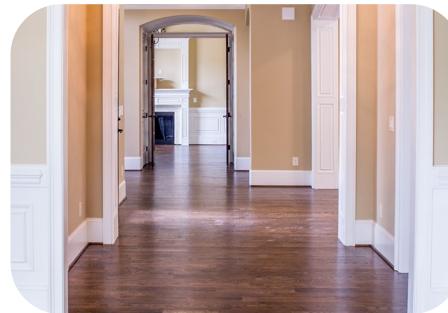
Use adaptive tools
Button hooks,
reacher-grabbers,
shower seats



Eat for strong bones
calcium, vitamin D,
protein



Manage pain with
stretching, heat/cold



Create a safe home environment
Rugs are a hazard



Seek support
healthcare providers,
family & community

Final Words



1MD Suite of Joint Supplements

- CurcuminMD
- MoveMD
- OsteoMD
- KrillMD
- Collagen Peptides

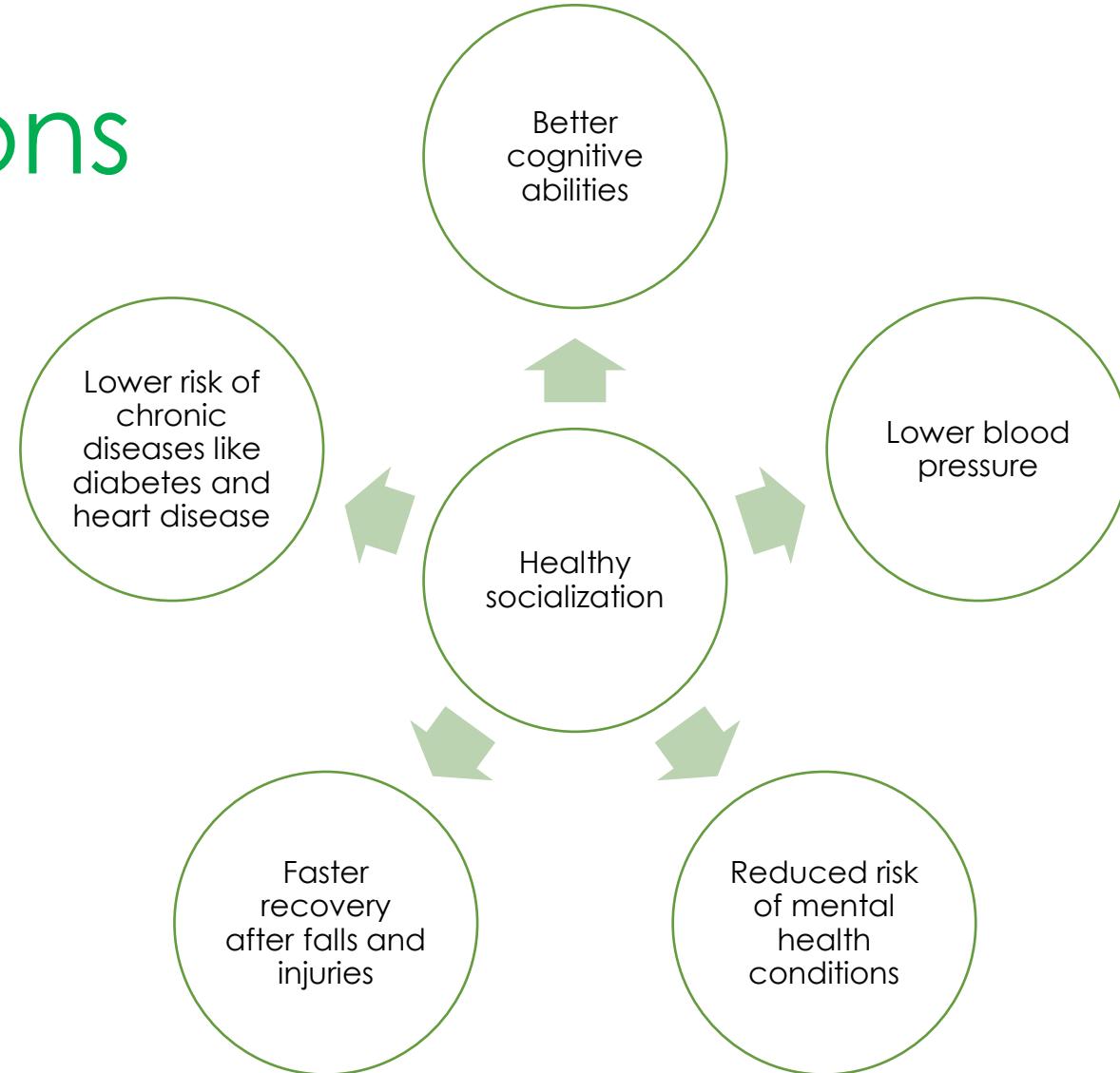


Together: The importance of social connections for seniors

Harwanda Howell

Social Connections

It's easy to assume that connecting with others is a fun—but optional—part of life. However, research has shown that social connections are essential to human health.



Benefit of Connectedness



Strong social bonds **slow** biological **aging**

- Strong social bonds guard DNA against molecular aging (epigenetic changes).
- This protection remains even after accounting for lifestyle factors (smoking, alcohol, etc.)

“Community gives us identity, meaning, support, security, purpose, safety, stability, love and connection,” - social scientist Mick Brewer, PhD



Ways to Build Community



Visit local senior centers



Hobby or interest groups (Like a Connect Group!)



Community events



Volunteering

Understanding Self-Efficacy & Aging

Self + efficacy = Belief in your ability to manage challenges

Aging doesn't mean losing capability – focus on what you **can** do.

Strong self-efficacy helps with:

- Independence at home
- Managing health and daily routines
- Adapting to change with confidence



Building Confidence in Everyday Life



Start small: one step at a time builds success

Celebrate wins: every effort counts

Learn from peers: "If they can do it, so can I"

Focus on strengths: use what already works

Stay in control: Make the best choices for you



Final Words



Advocacy: Advocating for your own health

Anna Hyde, VP of Advocacy

Navigating Insurance Resources

- Rx for Access Toolkit
- Know Your Rights
- Solving Your Insurance Puzzle
- Podcast episodes



Know Your Rights – Under Medicare

With the Affordable Healthcare Act you have certain rights under Medicare.



Solving Your Insurance Puzzle

Weighing your options during open enrollment? Here's how to get the pieces in place to find the right plan.



Navigating Insurance Nightmares

Navigating health insurance can often feel like walking through a mine field. In this episode of the Live Yes With Arthritis podcast, we hear real stories of three people living with arthritis and how they are using their health insurance to gain access to the care they need.



Open Enrollment Resources

- Preparing for open enrollment
- Podcast episode 141
- Open Enrollment Checklist
- What's New for 2026 One-pager



Champions of Yes

Medicare Resource: State Health Insurance Assistance Program, visit shiphelp.org



Current Changes With the Health Care Landscape

Medicare

- Part B premiums will rise 11.6% from \$185 to \$206.50
- Part D base premiums expected to go up 6% from \$36.78 to \$38.99
- \$2.1k Rx out-of-pocket cap
- Medicare Prescription Payment Plan options
- First round of Medicare negotiated drug prices goes in effect, includes Enbrel

Health Exchanges

- Out-of-pocket maximum will be \$10,600 (up from \$10,150)
- Minimum premiums in effect - If you previously paid \$0, you'll now pay at least \$5/month
- Active annual re-enrollment now required
- If your reported income doesn't match IRS records, you'll need to provide proof



Q&A

Thank You!

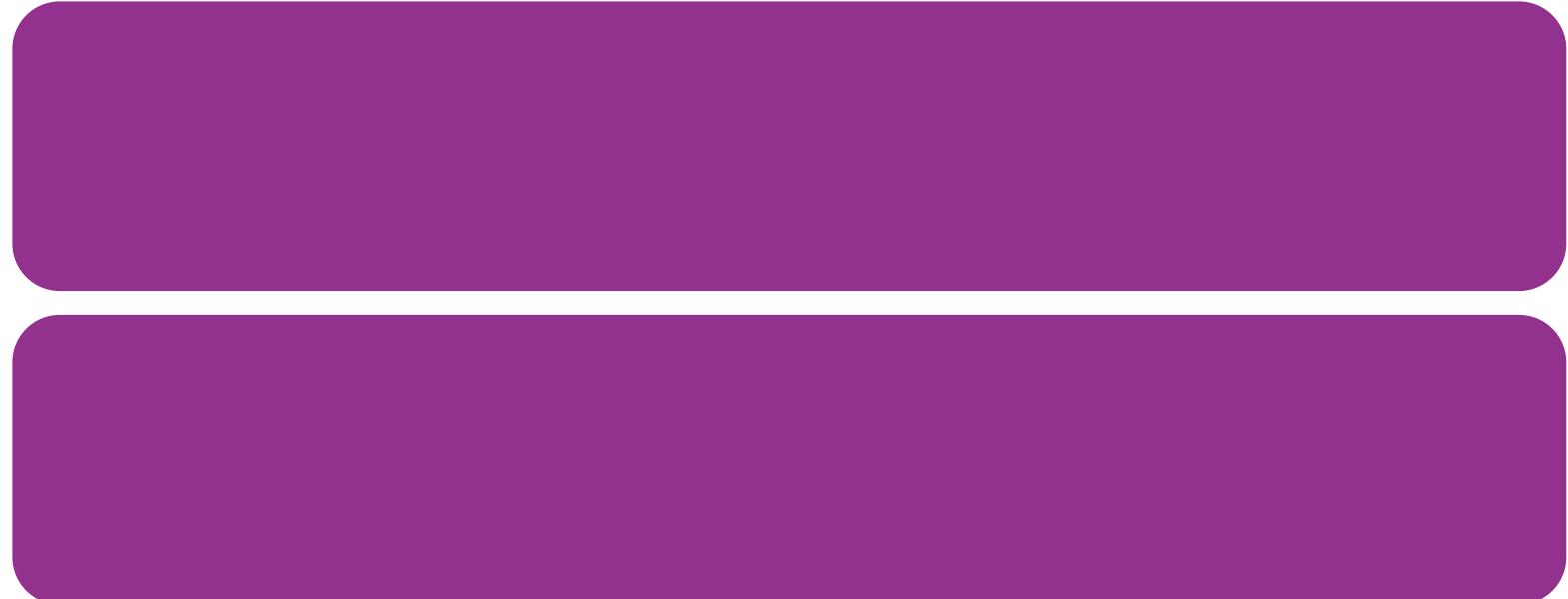
Take the survey and let us
know what you think!

Join us next time –
recordings:

Arthritis.org/webinars



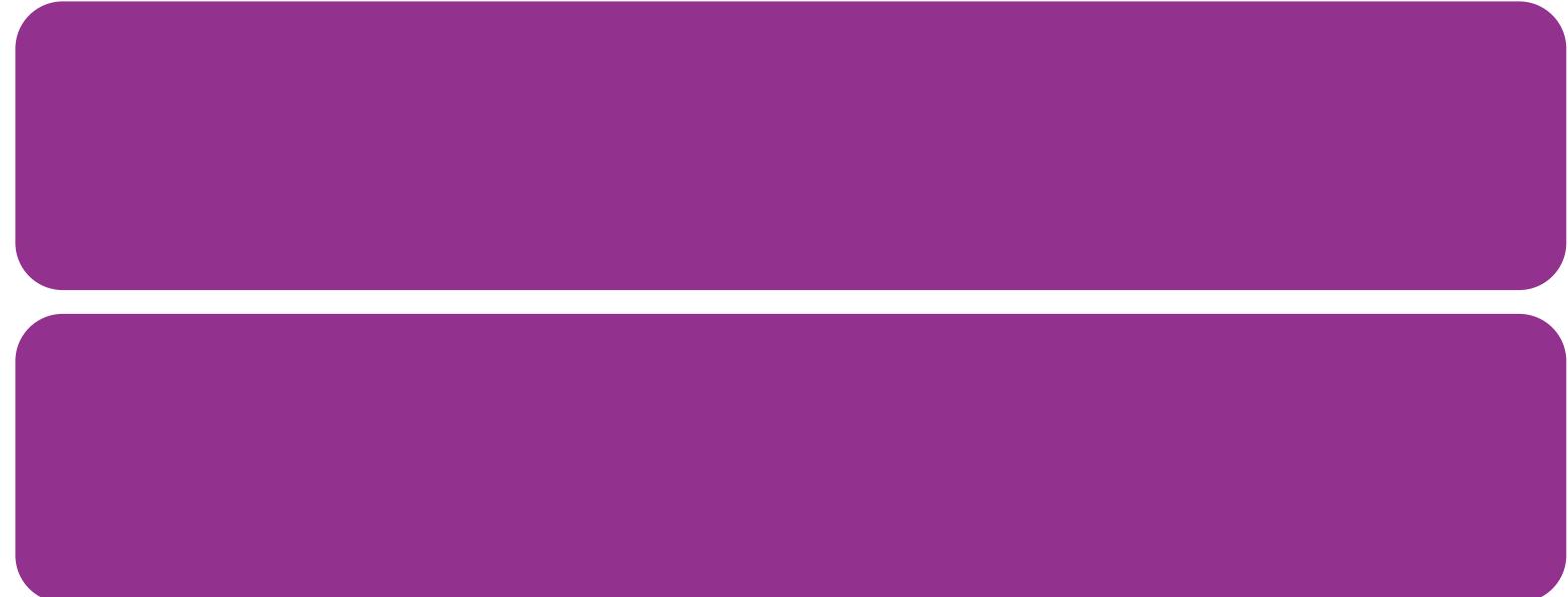
Upcoming Webinars



Register Here:
Arthritis.org/webinars



Upcoming Connect Groups



Register Here:
connectgroups.arthritis.org



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