

## **The Arthritis Foundation**

**Satellite Conference and Live Webcast  
Wednesday, April 25, 2012  
2:00 – 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

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Alabama and Mississippi Arthritis  
Foundation Southeast Region, Inc.**



## **The Arthritis Foundation**

- **The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases**

## **Arthritis Foundation Mission**

- **Fund research that adds to the scientific knowledge about arthritis, its causes and methods of treatment**
- **Conduct educational programs for health professionals to better understand arthritis and effective methods of treatment**

## **Arthritis Foundation Mission**

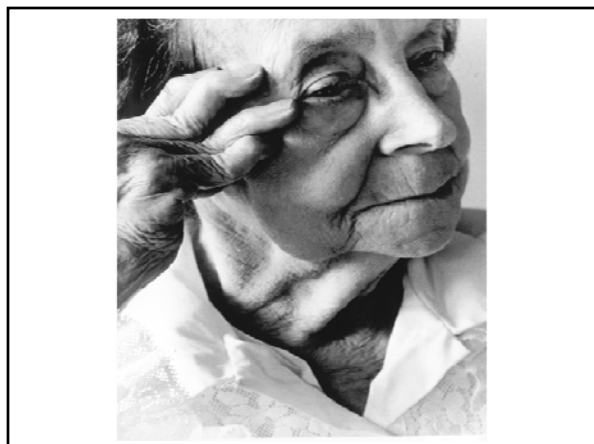
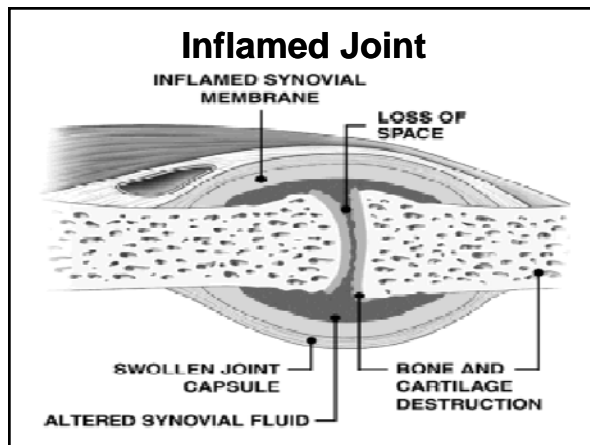
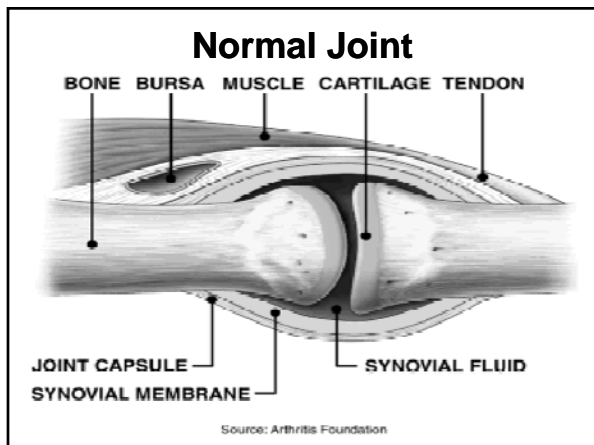
- **Provide community education and support services for people with arthritis and their families; train and certify program instructors**
- **Inform the public about arthritis and the importance of early diagnosis and treatment**

### Arthritis Foundation Mission

- Advocate for the interests of people affected by arthritis
- Seek funds from the public to support programs, services, and research

### What Is Arthritis?

- “Inflammation of the joints”
- Over 120 different forms
- Causes pain, swelling, and loss of movement
- Affects joints and connective tissues throughout the body, including skin and organs



### What Is Arthritis?

- Osteoarthritis
- Osteoporosis
- Fibromyalgia
- Ankylosing Spondylitis
- Lyme Disease
- Lupus
- Gout
- Rheumatoid Arthritis
- Juvenile Arthritis
- Bursitis and Tendonitis

### Warning Signs

- Inflammation, redness, and/or warmth in one or more joints
- Inability to move a joint normally
  - Range of motion
- Early morning stiffness
- Unexplained weight loss, fever, weakness, combined with joint pain

### Warning Signs

- Recurring pain and tenderness in one or more joints
- Rash or skin involvement for some forms



Nearly 300,000 children are affected by arthritis

### Juvenile Arthritis

- Arthritis in children can be a very serious disease
- More common than cystic fibrosis, diabetes, muscular dystrophy, and many other better known childhood conditions
- One child in a thousand is affected

### Juvenile Arthritis

- Childhood rheumatic diseases are the leading cause of acquired disability and fourth most common cause of blindness in childhood
- With early diagnosis and proper treatment, most of these problems can be prevented

### Alabama Arthritis Statistics - 2009

Adults with arthritis	1,162,000
Adults limited by arthritis	578,000
Adults with arthritis	34%
Women/men with arthritis	38% / 30%
Whites with arthritis	35%
Blacks with arthritis	29%
Hispanics with arthritis	30%

### Alabama Statistics

18-44 year olds with arthritis	15%
45-64 year olds with arthritis	44%
65+ year olds with arthritis	59%
Overweight or obese with arthritis	75%
Physically inactive with arthritis	24%

Alabama has an estimated 5,000 - 6,000 children with arthritis

### Why Such High Statistics?

- Existing rates of arthritis
- Longer life expectancy
- Injuries
- High rate of obesity
- General inactivity
- Lack of arthritis medical specialists
- **NOT ENOUGH ARTHRITIS RESEARCH!**

### Arthritis Costs

- Arthritis costs the U.S. economy over \$128 billion each year
- \$2.6 million in direct medical and indirect costs to Alabama citizens every year

### Arthritis and Other Chronic Diseases

- 34% of adults in the general population have arthritis
- 58% (242,000) adults with diabetes also have arthritis
- 61% (168,000) adults with heart disease also have arthritis

### Arthritis and Other Chronic Diseases

- 52% (658,000) adults with high blood pressure also have arthritis
- 51% (554,000) adults with high cholesterol also have arthritis

### Arthritis Is . . .

- The number one cause of disability



### **Arthritis Limits . . .**

- **Everyday activities such as walking, dressing, bathing, working and caring for family**



### **Economic Impact**

- **Arthritis and musculoskeletal conditions account for 13% of all health care spending**
  - **#1 most common reason for doctor visits**
  - **#2 most common reason for hospitalization**
  - **#4 most common reason for surgery**

### **Arthritis Treatment**

- **No cure, variety of treatments are effective**
- **Arthritis care is individualized**
  - **Different types of arthritis**
  - **Degree of severity varies**
  - **Many symptoms, and all parts can be affected**
  - **Flares and remissions**

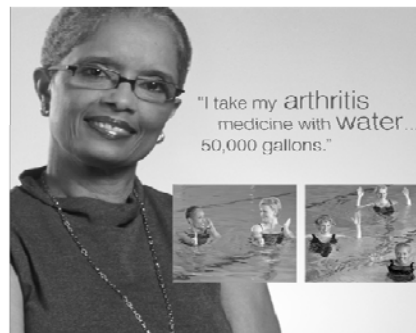
### **Arthritis Treatment**

- **Appropriate physical activity an important part of treatment regimen**

### **Alabama Programs and Services**

- **Programs for Better Living (evidenced-based)**
  - **Arthritis Foundation Exercise Program**
  - **Arthritis Foundation Aquatics Program**
  - **Arthritis Foundation Walk with Ease (Group Lead)**

### **Arthritis Foundation Aquatic Program**

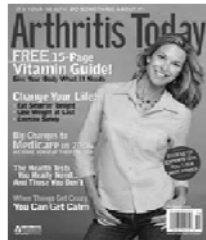


**The Arthritis Foundation Provides:**

- Instructor training and program monitoring
- Workplace education
- Public seminars, talks
- Professional workshops
- Telephone counseling

**The Arthritis Foundation Provides:**

- Support group resources
- Physician information
- Literature
- Books and videos
- Arthritis Today magazine




**And There's More . . .**

- Workplace "Lunch and Learns"
- Professional and public education seminars
  - Program instructor trainings
  - Regional speakers' bureau and advocacy trainings
- Community talks
- Health fairs, etc.

**Arthritis Foundation**

- Alabama regional branches located in Huntsville, Birmingham, Montgomery, and Mobile



**Take Control. We Can Help.™**

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www.arthritis.org, Keyword "Alabama"