Arthritis

Why it matters

Arthritis is a condition where the joints become swollen, painful, stiff and movement becomes difficult. Severe cases can lead to disability and sometimes require surgery.

Commonly Symptoms

- Joint pain
- Stiffness or reduced range of motion
- Noticeable inflammation or swelling
- A feeling of heat or warmth and skin discoloration near your joints
- Tenderness or sensitivity to touch around a joint
- Oracking or popping sounds when moving the joints

Prevention and Management

- Do light daily exercises like walking, yoga, or stretching.
- Maintain a healthy weight to reduce joint pressure.
- Eat nutritious foods
- Avoid smoking and alcohol
- Keep joints warm; avoid cold and damp weather.
- Consult a doctor if pain or swelling worsens.





