

## **September is National Arthritis Awareness Month!!!**

Arthritis consists of more than 100 different conditions which range from relatively mild forms to crippling systemic forms. It also includes pain syndromes and arthritis-related disorders that involve every part of the body. Joint and musculoskeletal pain is common in all conditions. Pain is often as a result of inflammation of the joint lining. Warning signs presented by inflammation include redness, swelling, heat and pain.

Arthritis can affect babies and children, as well as people in the prime of their lives regardless of their physical condition or ethnic background. Three of five people with arthritis are under the age of 65.

For people living with arthritis, learning to make it part of your life can be difficult. All people living with arthritis are encouraged to be informed and involved in their treatment process and to be an active participant when it comes to leading as healthy life as possible.

For more information on programs and services available to help those living with arthritis, please visit The Arthritis Society at [arthritis.ca](http://arthritis.ca)