



Health and Wellness Seminar

May 2014

Arthritis Awareness

Thursday, May 22, 2014

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: Dr. Jaspreet Kaur, MD

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing hr@missiontexas.us.



About Arthritis



Arthritis consists of more than 100 different conditions which range from relatively mild forms of tendinitis and bursitis to crippling systemic forms, such as rheumatoid arthritis. It includes pain syndromes such as fibromyalgia and arthritis-related disorders, such as systemic lupus erythematosus, that involve every part of the body. Other forms of the disease, such as gout, are almost never thought of as arthritis, while osteoarthritis is often thought to be the only form of this disease.

The common denominator for all of these conditions is joint and musculoskeletal pain, which is why they are grouped together as 'arthritis.' Often this pain is a result of inflammation of the joint lining. Inflammation is involved in many forms of arthritis and is the body's natural response to injury. The warning signs presented by inflammation are redness, swelling, heat and pain. When a joint becomes inflamed, it may get any or all of these symptoms. This can prevent the normal use of the joint and therefore it can cause the loss of function of that joint.

Arthritis can affect anyone

- Arthritis can affect babies and children, as well as people in the prime of their lives. Nearly three of every five people with arthritis are of working age (under 65).

Treating Arthritis

- Establishing an early diagnosis is critical to the outcome of the disease, since it only gets progressively worse and therapies work best when started as early as possible.

Source: The Arthritis Society

Please register with Human Resources no later than Wednesday, 5/21/2014.



Our mission is to promote Health awareness and to encourage healthy lifestyles.