



Mission in Motion

Health & Wellness Newsletter
May 2014 – Arthritis Awareness

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Early Arthritis Symptoms

Early arthritis symptoms can be vague and confusing, but they are important to recognize. Newly diagnosed arthritis patients quickly realize that early symptoms are just the first layer to be uncovered before a definitive diagnosis and treatment plan can be established.

Early symptoms linked to arthritis usually include:

- Joint pain
- Joint stiffness
- Tenderness in and around the joint
- Limited range of motion in one or more joints
- Redness and warmth around the affected joint

Know the Symptoms of Major Types of Arthritis

A basic knowledge of the major types of arthritis and symptoms also will better prepare you for doctor appointments. You will find it easier to formulate questions and communicate with your doctor once you are confident that you understand basic facts about arthritis symptoms

Source: Carol Eustice, "Arthritis and Joint



Arthritis Awareness



Living & Coping with Arthritis

Arthritis can impose physical limitations which affect daily living activities. Arthritis can impact your life at home and work. The disease can affect your involvement with leisure activities and how you interact in social situations too. Coping strategies and a positive approach to living with chronic arthritis are essential.

Joint pain and stiffness can affect mobility and manual dexterity. Everyday tasks, which are usually considered simple, can become difficult for people with arthritis. Severe arthritis can be very limiting. As people find daily living activities more challenging, they can experience frustration and a wide array of emotions. It's important to stay positive and find solutions.

Arthritis can impact employment and the ability to work. People with arthritis must adapt their work situation to their physical limitations. Most people with arthritis try to work as long as they can by modifying their workplace, changing their work schedule, or finding a more manageable job.

Have you heard the saying "walk a mile in my shoes?" That's what a lot of people living with arthritis would like to say to their friends and family who don't understand what it's like to live with a chronic illness. In reality, arthritis is difficult for both the patient and their loved ones. It's important to have good communication with family and friends while you work at resolving misunderstandings and misconceptions.

Chronic arthritis can be life-changing. There are physical, mental, and financial aspects of living with chronic arthritis. As it becomes increasingly difficult to keep up with everything and everyone, the disease can feel like a leg iron holding you back. Changes, challenges, and limitations due to arthritis can understandably stir the emotions.

Once your diagnosis is confirmed as arthritis, you must learn how to best live with the disease. You will benefit from having a positive attitude and by choosing positive actions. Learn all you can about the disease, be a compliant patient, and learn how to adapt and adjust when necessary. Surround yourself with supportive people and create an environment that is healthy for you.

Source: Carol Eustice, "Arthritis and Joint Conditions"

Get The Facts

If you or a loved one has been diagnosed with arthritis, it is important to learn more about the disease and its potential impact. However, pinning down the facts about arthritis can be difficult. Despite striking more than 50 million Americans, arthritis is an often misunderstood disease with a core of common myths surrounding it.

Myth #1: Arthritis is just minor aches and pains associated with getting older.

Fact: Arthritis is actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders.

- Arthritis is not just a disease of old age. Two-thirds of people with arthritis are under the age of 65, including 300,000 children.
- Of the more than 50 million Americans with arthritis, more than 36 million are Caucasians, more than 4.6 million are African-Americans and 2.9 million are Hispanic.

Myth #2: Arthritis is not a serious health problem.

Fact: Arthritis places a growing burden on the health care and economic systems in this country.

- Each year, people with arthritis account for 44 million outpatient visits and 992,100 hospitalizations.
- Arthritis is the leading cause of disability in the United States.
- Arthritis is actually a more frequent cause of activity limitations than heart disease, cancer or diabetes.
- Within 20 years the number of people with arthritis will soar. By 2030, an estimated 67 million Americans will have arthritis, unless the trend is reversed.

Myth #3: People with arthritis should avoid exercising.

Fact: Exercise is a valuable tool in the fight against arthritis.

- According to the U.S. Department of Health and Human Services there is strong evidence indicating that both endurance and resistance types of exercise provide considerable disease-specific benefits for people with osteoarthritis (OA) and rheumatic conditions.
- A growing body of research indicates that exercise, weight management and the avoidance of joint injury can go a long way in helping to prevent OA.
- Every one pound of weight loss results in four pounds of pressure taken off each knee.
- Discover the best ways to exercise if you have arthritis.

Myth #4: Not much can be done for arthritis.

Fact: Relief is available and new treatments are in the pipeline.

The Arthritis Foundation helps people who already have arthritis to live better with arthritis by:

- Helping understand treatment options.
- Showing how to manage pain.
- Telling Congress that more needs to be done for people with arthritis.

The Arthritis Foundation also looks to the future through:

- Collaborations with the Center for Disease Control and Prevention and others on public health initiatives.
- Research to determine the underlying causes of arthritis and find more effective treatment and eventually a cure.





You'd bend over backwards to
stop your arthritis, if you could



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Prevent & Manage Arthritis

Because arthritis is an umbrella term for over 100 conditions, disorders and diseases, there is not a simple answer, much less one correct answer, for how to prevent and/or manage arthritis. However, there are some guiding principles that you can follow.

- 🐼 **Educate yourself about arthritis.** Learning all you can about your form of arthritis will help you manage your symptoms. And, in the case of osteoarthritis, you might be able to prevent or slow the progression of it.
- 🐼 **Be physically active.** Physical activity and weight management are important and can help manage the pain and stiffness from many forms of arthritis. Whether you are starting your own routine or want to join a program, there are many options for you to choose from.
- 🐼 **Protect your joints.** Whether you are working out or working in the yard or just looking for a way to be kind to your hard-working joints, it is important to minimize the trauma they experience. Here are some tips to help protect joints and keep them feeling better.
- 🐼 **Get involved.** Find out how you can help those who have arthritis and those who may get it in the future. Through Advocacy, Public Health and Research, the Arthritis Foundation helps people with arthritis live better today and create better tomorrows through new treatments, better access to care, and ultimately cures. You can get involved through

Managing Arthritis in Your Workplace

Pain, fatigue, stiffness and limited joint movement are the hallmark symptoms of arthritis and can interfere with everyday activities. However, it's possible to make adjustments in your routine and develop strategies that allow for a more productive workday.

Some steps you can take include:

- 🐼 Assess your work environment
- 🐼 Plan ahead and pace yourself
- 🐼 Maintain a good posture
- 🐼 Be careful when moving or lifting
- 🐼 Pick appropriate footwear
- 🐼 Take care of yourself
- 🐼 Use ergonomic aids

Source: The Arthritis Society



May Health & Wellness Seminar: **Arthritis Awareness**

Date: 05/22/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be Announced

Black Bean Salad

A fiesta without the unhealthy fat! Celebrating Cinco de Mayo doesn't have to sabotage a sensible meal plan.

Ingredients:

- 🍷 3 cups (2 medium) chopped tomatoes
- 🍷 1 cup (1 medium) chopped red bell pepper
- 🍷 1 cup (1 medium) chopped green bell pepper
- 🍷 ½ cup chopped red onion
- 🍷 ¼ cup chopped fresh cilantro
- 🍷 1/3 cup lime juice (juice of 2)
- 🍷 1 Tbsp. olive oil
- 🍷 ½ tsp. ground cumin
- 🍷 ½ tsp chili powder
- 🍷 15-oz can black beans, rinsed and drained
- 🍷 11-oz can whole kernel corn, drained

Directions:

Mix all ingredients and serve (or chill). Serves 8

Per serving: 124 calories, 2.6g fat (0.3 saturated fat), 0mg cholesterol, 315mg sodium, 25g carbohydrates, 5g protein



Health & Wellness Seminars

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630



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Mission In Motion

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