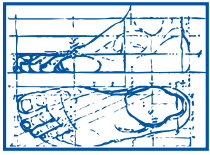


helpful brochures



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ARTHRITIC FOOT CARE

Easing the discomfort

Normal Foot Anatomy

Arthritis is the leading cause of physical disability in the United States. This disabling and sometimes crippling disease affects nearly 43 million people*. Although it can affect any joint, arthritis frequently shows up first in the feet. It causes swelling, pain, tenderness, heat, redness and early morning stiffness in the joints.

While arthritis can't be cured, early diagnosis and treatment are important to help prevent or slow damage to joints and to control pain.

What is arthritis?

Arthritis is the inflammation and swelling of the cartilage and lining of the joints, generally accompanied by an accumulation of fluid in the joints. More than 100 different types of arthritis have been identified.

What causes arthritis?

Arthritis is believed to be hereditary, but it has also been associated with many different types of illnesses.

Arthritis can be induced by:

- Joint injuries (especially if they aren't treated promptly)
- Bacterial and viral infections of the joint
- Certain drugs
- Bowel diseases such as ulcerative colitis and ileitis

Because there are so many different origins, your doctor may not be able to pinpoint the exact cause of your arthritis.