



It Hurts When I Move . . . Help!

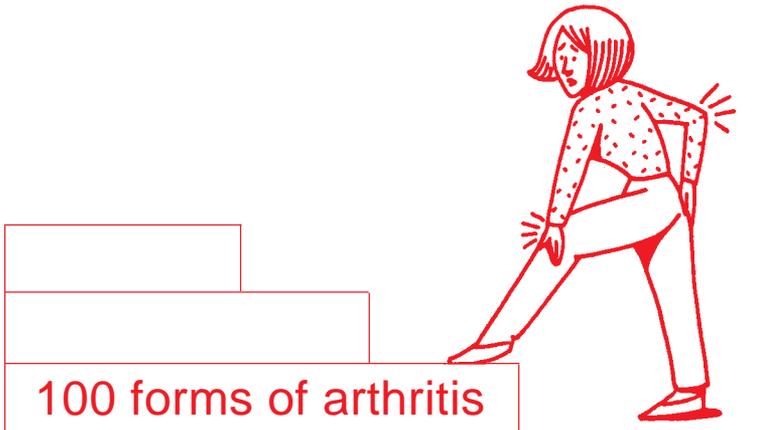
 **ARTHRITIS
FOUNDATION**[®]
Take Control. We Can Help.[™]

If it hurts when you move, you may have arthritis (ar-thry-tiss).

What is arthritis?

Arthritis is a sickness that gives a lot of pain to people who have it. Arthritis also keeps them from being able to walk or move like other people. Once people get the disease, they may have it on and off for the rest of their lives.

Arthritis can harm many parts of your body. It will often harm your joints, the places in your body where two bones meet -- your back, your knees, your feet, your shoulders, your elbows or wrists or hands or fingers.



How do I know if I have it?

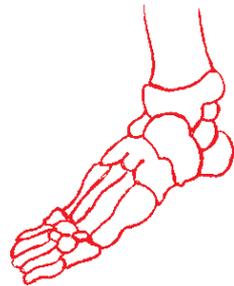
If you have any of these things for more than two weeks, you may have arthritis:



- One or more of your joints might grow large and swell up.
- You might find it hard to move around when you get up in the morning.
- One of your joints might begin to hurt, stop and begin to hurt again in a day or a week.
- One of your joints might feel sore from time to time when you try to touch it.
- One of your joints might feel warm when you touch it; it might also turn red.

If you have pain in your joints and

- you have been losing weight for no reason or
- you have a fever or
- you feel tired all the time,



then you may have arthritis or another problem.

Why should I see a doctor?

- While a doctor cannot make arthritis go away, he or she can help you to feel better.
- There are many tests that can tell the doctor what kind of arthritis you have. Blood tests, urine tests, and x-rays are some of the tests the doctor may use to see if you have the disease.
- Once the doctor knows what is wrong with you, he or she will be able to help you. Even if the pain you have goes away, it may come back; that is why you should go to the doctor for the right tests.



What should I tell my doctor?

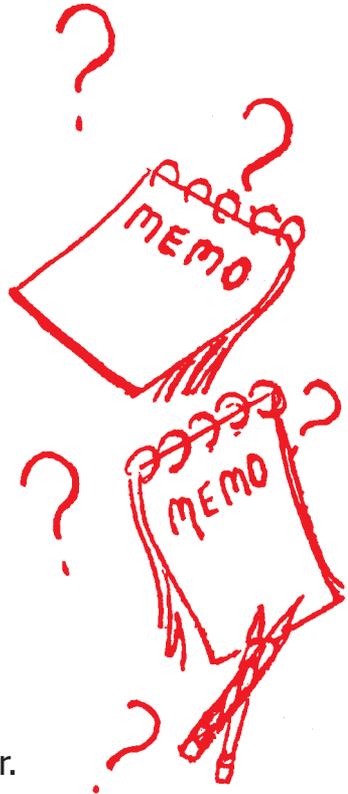
- It is important to tell your doctor all about your sickness. You will need to tell him or her about what you do each day, how much you move around, and what seems to hurt you the most.
- You will need to tell the doctor if you are very worried about your illness, or if you are very worried about other things in your life. Worrying can affect the way your body fights the disease.

What do I take with me when I go to the doctor?

1. Write down a list of what is hurting you.
2. Write down the questions you want to ask your doctor.
3. Write down a list of any medicine you have been taking.
4. Be sure that the doctor knows about everything you have written down.

The next two pages have spaces for you to write down these things. You can take this book with you to see the doctor.

If you are having trouble writing, ask a friend to write these things down for you because it is very important that your doctor gets everything he or she needs to help you.



I want to tell the doctor about these aches and pains and when they hurt me:





Questions I want to ask the doctor

•

•

•

•

Medications I am taking

•

•

•

•

•

What can the doctor do for me?

Each person is special, so the doctor may not tell you the same thing that he or she has told somebody else.

You may be told to rest;



you may be told to get exercise;



you may be told to lose weight;



you may be given medicine.



If nothing else works, the doctor may want to operate on you in order to ease your pain.

How can I live with arthritis?

- First, you need to make sure that you don't give up hope. Often people who try to stay cheerful will get better more quickly.



- Second, you need to do what your doctor tells you to do. That means that if he or she has given you medicine, you need to take every pill on time. It means that if the doctor has told you to rest, you may need to take it easy or to stay in bed.
- Third, you need to keep track of your feelings. Sometimes people who get sick on and off become angry or sad. If this happens to you, you need to tell your doctor.
- Fourth, sometimes, you may have to go to a special doctor or social worker who will help you not to feel so angry or sad or alone.

What can I do to ease the pain?

Some people are lucky and have little pain. Others have a lot of pain. You can help yourself by doing these things:

1. Take the medicine the doctor has given you on time, every time.
2. Ask your doctor what kind of exercise is good for you.
3. Use heat or ice pack on your joints to help with pain.
4. Lose weight. Too much weight puts a strain on your knees, back, feet and hips.
5. Rest when you need to.
6. Learn ways to protect your joints. A doctor can help you do this.



Does exercise help?

You need to talk with your doctor about doing exercise. If he or she thinks exercises will help you, the doctor might tell you to go walking every day or to do other exercises.

You could think about joining an exercise group. You could join a regular exercise group, or you could join a water exercise group.

You don't have to know how to swim or even get your face and hair wet. The Arthritis Foundation at (410) 654-6570 or 1 (800) 365-3811 can help you find a class near you.



Most of all, you need to be patient. You don't always feel better after the first pill, the first exercise, or the first day in bed. But if you keep on doing what the doctor has told you to do, you will feel better some days later.

Where can I turn for help?

The Arthritis Foundation is a group of people who are here to help you cope with your sickness.

It has:

- Booklets with facts about coping with the disease.
- Support groups for people with the disease.
- Special meetings that give people new information about the disease.
- A loan program where you can get crutches, a walker, special shoes, or other things you may need to get around or to do things easier.
- Classes on self-care and on exercise.

The Arthritis Foundation has the names of doctors you can go to and other helpful information.

You can reach someone at the Arthritis Foundation by calling (410) 654-6570, x239 or 1 (800) 365-3811, x239.



I'm living on a small income. How can I pay for the help I need?

If you are a senior citizen or have little or no income, there are places to go for help. They are:

- Meals on Wheels – (410) 558-0827
- Department of Social Services
Baltimore City – (443) 423-6300
Baltimore County – (410) 853-3000
- Mental Health Association of Maryland – (410) 235-1178



For help with job problems:

- Department of Business and Economic Development – (410) 767-6300, 1-888-CHOOSEMD
- Social Security Administration – 1(800) 772-1213
- Division of Rehabilitation Services, State Dept. of Education –
Central Office – (410) 554-9442 or 1-888-554-0334
Disability Determination Services – (410) 308-4500
or 1-800-492-4283

If you need to go to the doctor or other places:

- MTA Mobility Bus (Baltimore City) – (410) 727-3535
- Taxi Voucher Program (Baltimore City)
(410) 664-1123
- Countyride (for Baltimore County residents who are seniors or for people with disabilities)
(410) 887-2080

If you cannot afford your medicine

- Maryland Pharmacy Assistance Program
1 (800) 226-2142
- Sometimes your doctor can help you get free pills from a drug company



Take Control. We Can Help.™

MARYLAND CHAPTER
9505 Reisterstown Road
Suite 1 North
Owings Mills, MD 21117
(410) 654-6570 • 1(800) 365-3811
www.arthritis.org
info.md@arthritis.org



C.H.A.M.P.
Community Health
Awareness &
Monitoring Program

2901 Druid Park Dr.
Suite A-204
Baltimore, MD 21215
(410) 669-6340
www.champandyou.org



Maryland Department of Health and Mental Hygiene
Family Health Administration
Center for Health Promotion, Education and Tobacco Use Prevention
Maryland Arthritis Project
(410) 767-1362
www.marylandarthritis.org

Produced by Arthritis Foundation, Maryland Chapter,
a member of Community Health Charities of Maryland

Special thanks to Judy White, Ph.D., Morgan State University