

Arthritis Makes It Harder to Manage Other Diseases



Arthritis makes it more challenging to manage other conditions.

Half of the people with heart disease also have arthritis.

People with arthritis are less likely to be physically active, and

physical activity is an important management technique for arthritis and chronic conditions such as heart disease, diabetes, and obesity.



To learn more about managing arthritis, please visit www.cdc.gov/arthritis.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion