

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
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