



**Great Tips. Well Linked.**

**[Arthritis.LifeTips.com](http://Arthritis.LifeTips.com)**

## Category: Alternative Treatments

### Subcategory: Possible Treatments

#### **Tip: Acupuncture**

Acupuncture is a practice where small, thin needles go into the skin at specific points on the body. This procedure is used to help reduce moderate pain. It is generally safe and has few side effects. If you are interested, talk to your doctor about it.

#### **Tip: Fish Oils**

Some people with rheumatoid arthritis claim that fish oil, rich in omega-3 fatty acids, has improved their arthritis. If you are consider taking this, check with your doctor first.

## Category: Arthritis Dictionary

### Subcategory: Arthritis Terms To Know

#### **Tip: Flares**

A flare is a period where your arthritis is more active. During flares you are usually more sore and have more inflammation than usual. During flares, it is usually better to not put any extra stress on your joints.

#### **Tip: Osteoarthritis**

Osteoarthritis is the most common type of arthritis. Over 20 million people have it. Osteoarthritis means degerative joint disease.

## Category: Clothes vs. Arthritis

### Subcategory: Working Out

#### **Tip: Tennis Shoes**

When working out or walking it's important that you always wear the right kind of shoe. The shoe should be supportive, yet comfortable to move around in. It also needs to be extra flexible. I suggest buying a good tennis shoe. The right shoe will help you accomplish the workout you want, yet not make your arthritis any worse.

## Category: Diet

### Subcategory: Guidelines For A Healthy Diet

#### **Tip: No Appetite**

Some medications and illnesses such as arthritis can cause no appetite. It is very important that you get the proper vitamins and nutrients. If you are having problems eating talk to your doctor and consider asking your doctor about Ensure. It is a high-calorie nutritional supplement drink that is easy to drink and has a variety of flavors.

### Subcategory: Healthy vs. Unhealthy Foods

#### **Tip: Oregano**

A lot of people don't know this, but oregano is a powerful disease fighter. Oregano has higher antioxidant power than most veggies, fruits, and spices. Try incorporating oregano into your everyday diet. Sprinkle it on omelets, salads, pizza, pastas, and whatever else sounds yummy.

#### **Tip: Will Chocolate Affect My Arthritis?**

There are different types of arthritis, with different causes and factors which can improve or worsen the condition. Some persons believe that eating foods such as caffeine, chocolate, red wine, sugar, dairy products and red meats can make your arthritis worse. According to Arthritis Magazine and About.com, as with any medical condition, certain foods, activities and medications affect each person differently. Some people have demonstrated a sensitivity to caffeine, chocolate and red wine, which adversely affects their arthritis, while others do not appear to have any trouble consuming these foods. Studies cannot rule out the placebo effect - thinking that not eating the food will make you better, in fact, DOES make you better. You may wish to try removing certain foods from your diet, one food at a time, to see if there is any change in your arthritis. Then you can definitely decide whether or not chocolate is unhealthy for you and your type of arthritis.

### Subcategory: Making Meal Preparation Easier

#### **Tip: Frozen Dinners**

On nights that you are tired and hurting real bad, just pop some frozen dinners in the oven. Doing this will help you save energy and not make your pain any worse. Just add some fresh fruit and bread and you have a complete, satisfying meal.

**Tip: Heavy Milk Cartons**

When buying milk or other beverages that are in those big, heavy, plastic containers, consider buying the smaller containers that are easier to carry and handle. Or you might want to have someone empty it into a smaller container that your hands will let you open and handle.

**Tip: Kitchen Gadgets**

To save on energy, use kitchen gadgets like can openers, food processors, microwave, etc. It will make meal preparation easier and save you time.

**Tip: Microwave Ovens**

Whenever possible use microwave ovens. They will save you time and energy. You can cook a variety of food items in the microwave.

**Tip: Rest Breaks**

If you get tired very easily, make sure you take rest breaks during meal preparation. Even if it's just sitting down for 15 minutes or so. It's very important that you don't get overtired.

## Category: Exercise

Subcategory: Exercise Ideas

**Tip: Wash Your Car**

Most people don't realize that there are many ways of exercising and most you do on a regular basis. Consider washing your car for the exercise. It is a great workout, because it involves bending and stretching. Be careful and don't over-do it.

Subcategory: Ways To Improve Your Exercise Plan

**Tip: Breathing**

You should never hold your breath when your exercising. You need to breath out and breath in. Counting outloud will help you breath correctly.

## Category: Facts/Myths About Arthritis

Subcategory: Arthritis Facts

**Tip: The Meaning Of Arthritis**

There are many people who don't know what the word arthritis means. Arth means joint. Itis means inflammation.

Subcategory: Myths About Arthritis

**Tip: Elderly Adults**

One of the most common myths about arthritis is that only elderly adults develop arthritis. That is so not true. All ages of people get arthritis, including children.

## Category: Juvenile Rheumatoid Arthritis

Subcategory: Coping

**Tip: Anger**

Allow your child to express anger about having arthritis. Explain to them, that arthritis is not caused by anything he or she did.

**Tip: Environment**

A supportive environment is very important for a child or teen with arthritis. It will help them feel like they are not alone and it will also help the stress.

Subcategory: Hobbies For Children/Teens with JRA

**Tip: Models**

Car models are great hobbies for teens and children 10 and older. Boys are mainly the ones who are most interested in putting car models together, but who knows your daughter might too. There are different levels of car models. Level one is usually the ones where you just snap the parts together, but as the child or teen gets older they might enjoy moving to a higher level where they will paint and glue.

Subcategory: Keeping the Family Together

**Tip: Siblings**

If there are other children in the house, they may become jealous of the child with arthritis. Try to explain to them what is the matter with the child that has arthritis. Also take time out and pay attention to each child separately.

## Category: Making Holidays Easier

Subcategory: Preparing Meals

### **Tip: Catering**

If you find it to be overwhelming to prepare the whole Christmas meal, consider having someone cater it for you. Of course if you want to make your own turkey, you still can and just have them provide the veggies, desserts and rest of the meal. This will save you the time and stress.

### **Tip: Thanksgiving Dinner**

Preparing Thanksgiving dinner can take a lot of work, even more so for a person with arthritis. Preparing a whole Thanksgiving dinner can seem hopeless to some with arthritis, because it can be difficult to get everything done in time and still have time to rest your aching joints. So my tip this week is something we do in my own family to make it less stressful. Sit down and write out your menu, then assign one food item to each guest to bring. Such as, maybe have one guest bring a pumpkin pie and have another bring a green bean casserole. Or you can even talk to each of your guests and just let them tell you what they would like to bring. That way all you have to worry about is the turkey and the little things.

## Category: Making Life At Home Easier

Subcategory: Home Chores

### **Tip: Dusting**

Dusting can be real hard on your hands if you have arthritis. Take a sock and put some furniture polish on it. Put the sock on over your hand and keep your fingers straight and wipe the furniture.

Subcategory: The Bathroom

### **Tip: Cabinet Space**

If you have cabinets in your bathroom, it can sometimes be hard to reach the top

shelves. Talk to your family, or whomever you share a bathroom with, and see if you can keep your bathroom items in the lower shelves and let them have the high shelves.

Subcategory: The Bedroom

**Tip: In Case Of An Emergency**

In case of an emergency, keep a flashlight, some matches, and a candle by your bedside. Also, you should keep a pair of shoes to protect your feet in case there is broken glass.

## Category: Making Outdoor Chores Easier

Subcategory: Gardening

**Tip: Flower Gardens**

Growing flower gardens doesn't have to be painful. It can be quite easy if you purchase the pre-seeded, 12-foot flower carpet. You can get them at greenhouses, nurseries, or from mail-order catalogs.

**Tip: Gloves**

You should always wear gardening gloves when you are working outside. They need to have plenty of padding to protect your hands from getting cut or bitten.

**Tip: Kids**

If you have young children, let them help you work in the garden. Young children love to help. They can do tasks like pulling weeds or dropping the seeds in the hole.

**Tip: Pulling Weeds**

Pulling weeds is easier when the ground is wet. Try pulling weeds in the mornings, because at that time, the ground is still damp with dew.

Subcategory: Yardwork

**Tip: Carrying The Trash Out**

If it is hard for you to carry the trash out every day, or are just tired of it, consider buying a trash compacter. It will keep you from having to take the trash out every day.

## Category: Managing Your Pain

Subcategory: Medication

### **Tip: Swallowing Problems**

There are lots of people who have problems swallowing pills. Here is a method that might help. It is called the two-sip method. Hold the pill in your teeth and take two quick sips of water. With the first sip, just swallow the water, but with the second sip, swallow the pill.

### **Tip: Tylenol**

Keep a bottle of Tylenol or other type of medication that helps pain, by your bed. That way if you ever wake up and are in so much pain you can't stand it, you will have the pills right there. You should also keep a bottle of water by your bed.

## Category: Medical Equipment/Supplies

Subcategory: Products That Help

### **Tip: Biofreeze**

Biofreeze helps arthritis pain. Biofreeze comes as a roll-on or gel. It relieves pain by using cold therapy. This is a great product. You can usually buy this product from your doctor or therapist. Here is the link to their website- [www.biofreeze.com](http://www.biofreeze.com)

### **Tip: Special Made Products**

My suggestion is if you have an arthritis doctor check with them. A lot of doctors get catalogs that have easy to use items in it for people with arthritis. If your doctor doesn't have any, check with a physical therapist, they also get lots of catalogs and can even order it for you and if you have insurance it may cover any items they order.

Subcategory: Splints/Braces

### **Tip: Housework**

When doing housework like mopping or dusting, wear any splints or braces you have. This will help you keep from straining your body and give you extra support.

## Category: Resources

### Subcategory: People That Can Help

#### **Tip: Counselors**

If your arthritis gets to the point where it stresses you out or causes you to be depressed, you may want to consider going to a counselor. They can help you pinpoint why you are so stressed and help you move past it. If you are staying depressed all the time, it can cause your arthritis to be worse.

#### **Tip: Dietitian**

It is very important that anyone with an illness eats properly. If you feel like you can't plan well-balanced meals, consider talking to a dietitian. A dietitian can help you plan meals that are healthy and well-balanced.

#### **Tip: Physical Therapist**

If you have problems moving around or if you have lots of pain, a physical therapist can help. A physical therapist can help you find exercises that you can do pain-free and help you loosen up. They also have ultrasounds, heat packs, and other aids to help your pain.

## Category: Safety

### Subcategory: Making Your Home Safe

#### **Tip: Fire Safety**

If you think that you would have trouble escaping from your home if there was a fire, you should contact your local fire department. If you do so, and there is ever a fire, the firemen will be informed that you need extra help because of health problems.

### Subcategory: Summer Safety

#### **Tip: Bug Bites**

If you are going to be outside for long periods use some kind of bug spray. Make sure the bug spray is made to put on your body first though. This will help you get less bug bites which are never fun when you get them up on top of already swollen and painful joints.

**Tip: Sun Exposure**

It is very important that when you are going to be out in the sun for long periods of time that you wear the recommended strength of sunscreen. This is important for everyone, but even more so for people with arthritis, because take it from me when you get a burn it makes the pain from the arthritis even more unbearable.

## Category: Stress and Fatigue

Subcategory: Building Your Resistance To Stress

**Tip: Diet**

Your diet can have a lot to do with how you are feeling. Eating a balanced diet will help you feel better mentally and physically.

Subcategory: Relaxation

**Tip: Do Something Creative**

If you have a hobby like drawing, painting, building bird houses, or anything creative like that, it's a great way to relax. It helps you concentrate your mind on something besides your pain.

**Tip: Herbal Tea**

Try drinking a warm cup of herbal tea for relief of stress and fatigue. It is soothing and a great way to relax. Or, if you don't like herbal tea, try a warm glass of milk.

**Tip: Keeping A Journal**

Try writing your thoughts and feelings in a journal. Getting stuff off your mind is a wonderful thing to do. It will help you sleep and relax a lot easier. Also if you find something that really helps your stress or if you find something that makes it worse jot it down in your journal. Keeping records of how you're feeling will help you pinpoint the exact causes of your stress and fatigue.

**Tip: Sit Outside**

If it is pretty outside, go out and find somewhere to sit. Just concentrate on everything around you, like the sky, animals, the wind blowing through the trees or something else. This is a great way to relax.

## Category: Traveling/Vacation Tips

Subcategory: Airplane Travel

### **Tip: Carry On Bag**

When going on an airplane it would be a safe idea to make sure you have all your medications in your carry on bag. This way you will have it in case you get delayed or if the rest of your luggage gets lost.

### **Tip: Jet Lag**

Try to not book an airplane trip where you have to return in the same day. Allow an extra day in between to help you recover from jet lag and where you can get enough rest.

Subcategory: Car Trips

### **Tip: Driving Partner**

If you are planning on driving a long distance, consider asking a close friend or family member to go with you. That way if you get tired or start hurting you can take a break and let the other person drive for a while.