

Medical Edge Radio from Mayo Clinic

Rheumatoid Arthritis

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	OPENING A JAR... TURNING A DOOR KNOB... OR WALKING TO THE MAILBOX. LITTLE THINGS MOST OF US TAKE FOR GRANTED. BUT FOR PEOPLE WITH RHEUMATOID ARTHRITIS, THOSE EVERY-DAY CHORES CAN BECOME LIFE-CHANGING STRUGGLES.
Ann Reed, M.D. Track 2 (1:58)	"CLASSICALLY PEOPLE WILL SAY THEY GET UP IN THE MORNING, AND IT'S VERY DIFFICULT TO MOVE THEIR HANDS OR GET OUT OF BED. THEY NEED SOMEONE TO

	HELP THEM UP. ”
	MAYO CLINIC DR. ANN REED SAYS MEDICATIONS CAN HELP REDUCE SYMPTOMS, AND MAY EVEN SLOW OR HALT PROGRESSION OF THE DISEASE. JOINT PROTECTION IS ALSO IMPORTANT.
Dr. Reed Track 2 (7:20)	“WHAT I MEAN BY THAT IS THINGS LIKE STRETCHING AND EXERCISING. MOBILIZING WILL HELP KEEP THE JOINTS LOOSER.”
	AND BECAUSE PEOPLE WITH RHEUMATOID ARTHRITIS HAVE AN INCREASED RISK FOR OSTEOPOROSIS, GOOD NUTRITION - WITH APPROPRIATE LEVELS OF CALCIUM AND VITAMIN D - IS ALSO RECOMMENDED.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.