**Managing Your Arthritis**

**Help Is Out There!**

This leaflet is for patients who have Osteoarthritis (wear and tear) of your joints which your doctor feels is overall stable and not severe but is still affecting you from day to day. If you feel your symptoms are worsening please speak to your doctor or Physiotherapist.

Here are some extra resources to help keep you moving and manage your arthritis, particularly now with Covid-19.

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**Escape Pain Online** is a free NHS resource for Hip and Knee Osteoarthritis. The course offers 2 short online sessions a week for 6 weeks with easy exercises that can be done at home and information shown on short videos. You can monitor your progress on your own account

**www.escape-pain.org**

On the support tools section you can find links to lots of information and extra help on staying active, dealing with joint pain and keeping healthy.

If the internet or computers are terrifying, do you have a friend or relative who can help? There are lots of booklets and leaflets under the Support Tools section which can be printed off for you to look at.



**Versus Arthritis** have exercises online, advice on self management, online support groups. If you prefer to chat, there is a free helpline 0800 5200 520 Monday to Friday 9-6pm where you can speak to an advisor who can help

[**www.versusarthritis.org**](http://www.versusarthritis.org)

**Explore your local community (even with social distancing)**

Your doctor’s surgery has a person called a **Social Navigator** attached who can help link you to other like minded people and groups which helps you to feel connected. There are lots of small group activities around for people to do such as Walking Groups and other social activities or connect you to other people who could also need a chat and a friendly face.

**Keeping Healthy Helps Your Joints!**

Keeping healthy is one of the best things you can do for your joints, your body and also your mind! You can keep healthy by:

Having a **healthy diet** and **keeping mobile**

**Keeping your weight in a healthy range**. Being overweight puts a lot of pressure on your joints. Both being overweight or underweight can increase your risks if you have to go on to have surgery including the risk of an infection in a new joint replacement.

**Stopping smoking**. Did you know that smoking can increase your risks if you have to go on to have surgery including the risk of infection. People are advised to stop smoking a minimum of 8 weeks before any operation, if you can stop before then even better!

**Keeping your blood pressure under control**

**If diabetic, keeping your sugar control at a good level**

**You Don’t Have To Do This Alone!**



**Healthy Cornwall** has advisors who can help you to lose weight, be more active and stop smoking. You can self refer by phone, email or by completing the online form on their website. **www.healthycornwall.org.uk**

You have a phone call with them to start with and together make a plan on how to achieve your goals. You can have ongoing support in an online group or one to one on the phone whichever suits you best. Have a look at their facebook page which has lots of helpful tips and ideas.