



You'd bend over backwards to
stop your arthritis, if you could



**BlueCross BlueShield
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Just the simple act of bending can be a painful experience if you suffer from arthritis. Arthritis generally strikes between ages 20 and 50, but can also affect very young children and people over 50. There are several ways to manage the pain and physical limitations of arthritis including:

- Keeping a positive attitude
- Using assistive devices
- Controlling your weight
- Maintaining good posture
- Exercising regularly
- Taking medications as recommended

There's no cure for arthritis, but **you can live a more productive life.** Get the latest arthritis fighting strategies by logging on to Blue Access[®] for Members.

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