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Impair Healthy Healing In People Over The Age Of 30!

A Safe And Fun Way To Ease Arthritis Pain

By Claire Quaty

Arthritis can be the result of injury, strain, infection and may be an inherited trait. Arthritis affects

one in three adult Americans over the age of 15, with the disease affecting about twice as many women as men. While there are treatments for this disease that affects the joints, there is no known cure. Much research is still needed. If it could be determined what causes the disease, it could be treated before it happened. If it could be determined that a patient was prone to arthritis, physicians could prescribe drugs known to slow cartilage degeneration. As well, the patient could be asked to make lifestyle changes before the disease appears. Researchers could develop new drugs to interrupt or slow down the disease process.

Arthritis includes more than 100 diseases that affect areas in and around joints. The most prevalent is osteoarthritis. It is a degenerative joint disease where the cartilage that covers the ends of bones in the joint deteriorates, leaving bone to rub painfully against bone. Rheumatoid arthritis is one of the most serious and disabling types of arthritis and affects mostly women. It is an autoimmune disease that causes the joint lining to become inflamed. Juvenile arthritis occurs in children.

Patients should always consult a physician regarding the best method to treat their arthritis. According to the Arthritis Foundation, there are nine types of drugs and many dietary supplements, over-the-counter medications, herbs, special diets or exercises to treat arthritis. Moderate exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. Yoga, playing a round of golf or walking around the block are ideal examples of this. Exercising in the water is also an option. According to Mayo Clinic, it provides flexibility and better balance, muscular strength and endurance, and aerobic fitness.

Water exercises are possible for arthritis sufferers because the water supports the body and reduces stress on the hips, knees and spine. The Arthritis Foundation recommends a water exercise program of 45–60 minutes duration 2–3 times per week. The water temperature should be anywhere between 83 and 88 degrees. Warm water raises the body's temperature, causing blood vessels to dilate and increase circulation. Water supports joints allowing more free movement, and it also provides resistance to help build muscle strength.

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There are hundreds of water exercises and many are designed specifically for arthritis patients. A low impact workout prevents overuse of joints. Warm up exercises should always come first to prepare the body. Some people become discouraged because they can't do as much as they intended or they see other people doing more than them. This is understandable but it is important not to over exert. In time, people gradually build up their strength and muscles to be able to do more. Cool down exercises are required at the end of a session to relax the muscles before leaving the water. A person can tell if they have done too much during their exercise program if they feel more pain two hours after the exercise than they felt before beginning it. Although a person may be tempted to quit their water exercises, don't. Try doing fewer repetitions next time.

The local fitness center, gym or hospital may have instructors to take people through the various water exercises. If not, people may exercise in a local or family pool. It is a good idea to always have someone available to help people in and out of the pool.

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Cat Arthritis

By Niall Kennedy

Cat arthritis is not a very common ailment among healthy cats. Most arthritis found in cats is from an accident that has made the bones or joints weak. Arthritis is an inflammation of the joints and there is more than one type of arthritis that can affect your cat.

Cats usually suffer with two different types of arthritis. The first one being traumatic arthritis, this is brought on by an injury. It could have been a fight with another animal or even being hit by a car.

Osteoarthritis is when a joint just quits working properly and new bone is growing around the joint. Many older cats have this type of arthritis and can be brought on from numerous accidents including dislocations of their joints or even fractures.

Traumatic arthritis does not usually last but can be very painful, if it is more or less a sprain. But, if it involves a fracture then the pain can last a longer time and may even need surgery to heal the fracture or dislocation.

As in the case of Osteoarthritis the pain is severe and your cat will need some relief from the pain. If your cat is overweight the pain can even be more severe.

Talk with your veterinarian if you do believe that your cat does have a type of cat arthritis. Your cat will enjoy life more and be able to chase those mice again if treatment is regular. It is no fun to play and jump and be a cat when they are in severe pain. The longer your cat sits around in pain the stiffer the joints will become. The pain will then increase with every step they take. Be sure to get the treatment

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your cat needs so they can enjoy life once again.

Niall Kennedy

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