

the Telehealth *Times*



MAY IS
ARTHRITIS
AWARENESS MONTH

Happy Memorial Day!



Happy May! This month is Arthritis Awareness Month. The heat has arrived and with that being said, I'm hopeful that our joints won't be as good at forecasting the weather for a while. Bring on the sunshine and lessened pain days!

Columbia Arthritis Center
1711 St Julian Place
Columbia, SC 29204
[803] 779-0911

Augusta Arthritis Center
811 13th Street
Augusta, GA 30901
[706] 828-0043



Yours Truly,
Kamryn

Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

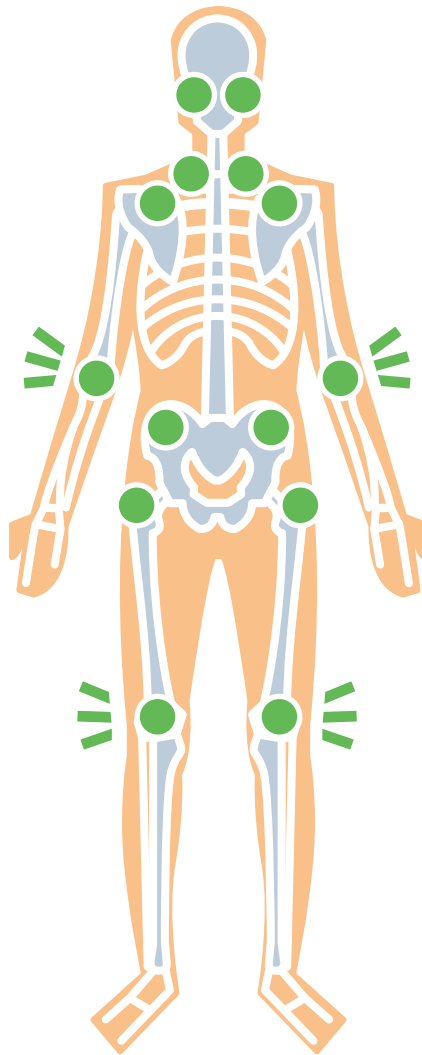
Arthritis

Arthritis isn't classified as a single disease as it has more than 100 forms and related diseases. The term arthritis refers to joint pain or joint disease.

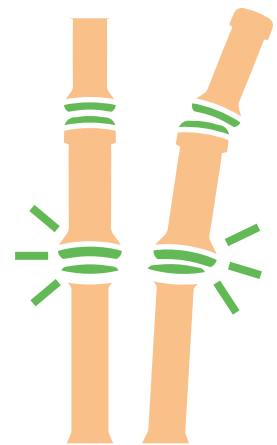
MOST COMMON & SERIOUS TYPES OF ARTHRITIS



OSTEOARTHRITIS



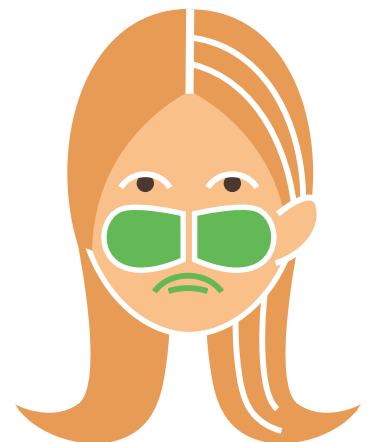
FIBROMYALGIA



RHEUMATOID ARTHRITIS



GOUT

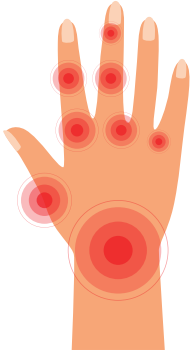


LUPUS

Risk Factors & Symptoms

ARTHRITIS

PAIN



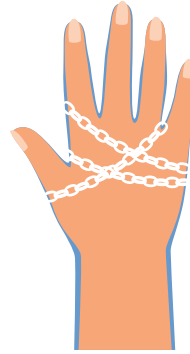
REDNESS



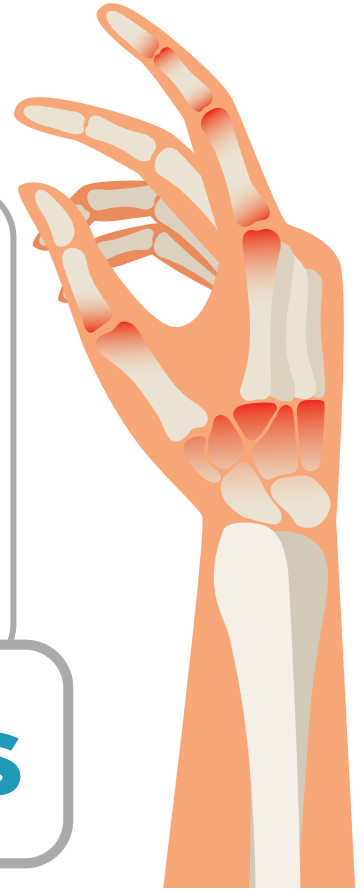
EDEMA



NUMBNESS



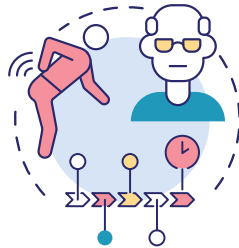
SYMPTOMS



ARTHRITIS CONCEPTS



Family History



Age



Previous Joint Injury



Exercise And Stretching



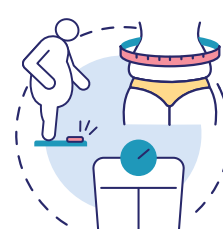
Doctor Check-ups



Being Active



Weight Control



Obesity



Avoiding Injuries

Prevention & Treatment

NUTRITION



DAILY **CALCIUM** INTAKE
FRUITS AND VEGETABLES

EXERCISE



STRENGTH-TRAINING AND
WEIGHT-BEARING WORKOUTS

HABITS



AVOID **SMOKING** AND
ALCOHOL DRINKING

DOCTOR CONSULTING



ASK FOR TESTING, STICK
TO TREATMENT IF PRECIBED

SUPPLEMENTS



MAINTAIN AN ADEQUATE
SUPPLY OF **VITAMIN D**

Arthritis treatment aims to manage symptoms like pain and stiffness, improve joint function, slow progression of the disease and improve quality of life.

TREATMENT



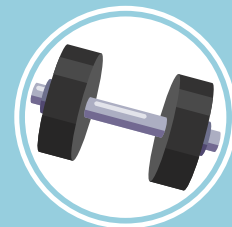
ANTI-INFLAMMATORY
DRUGS



HEALTHY FOOD



STOP BAD HABITS



PHYSICAL EXERCISES



PSYCHOTHERAPY

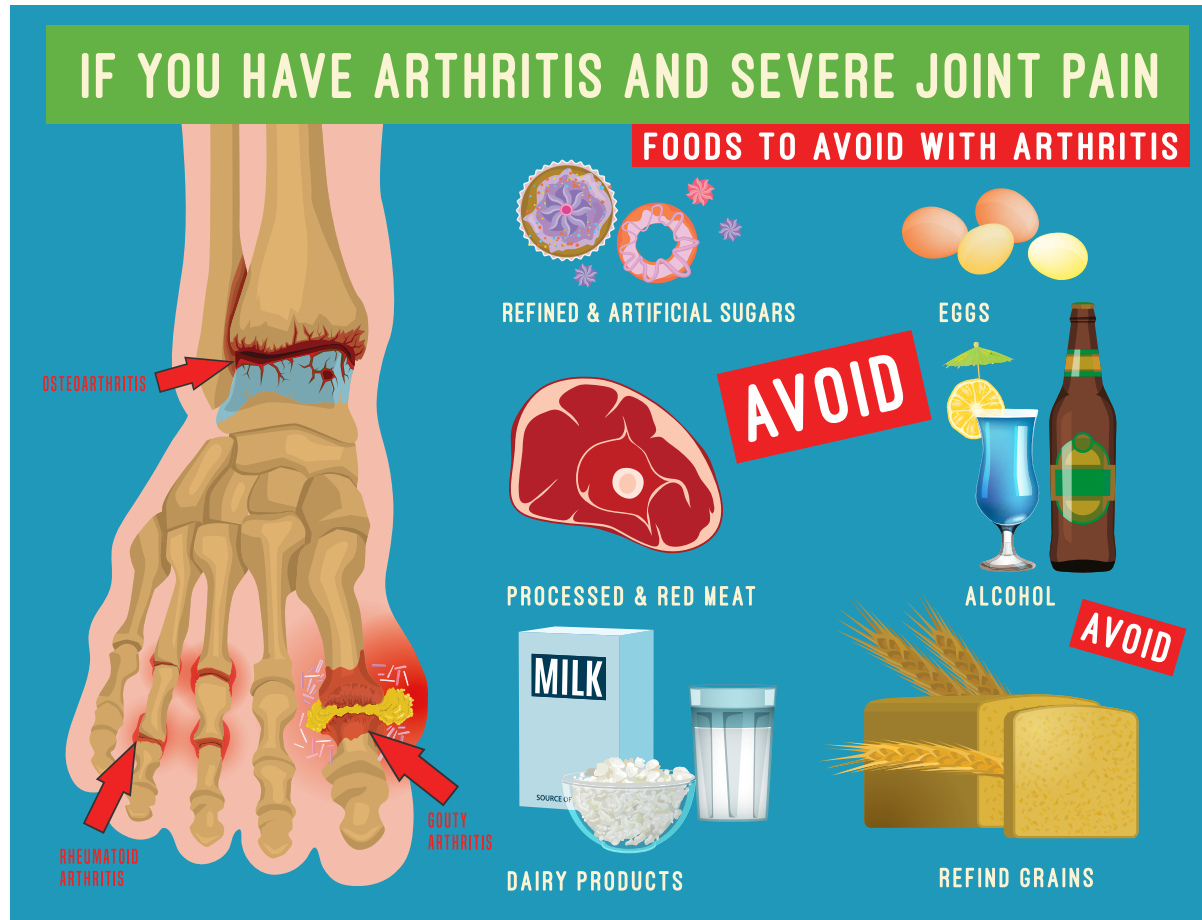


SURGERY



WEIGHT CONTROL

Management and Lifestyle



Anti-inflammatory spices can be added to your meals throughout the day. Garlic, Turmeric, Ginger, Cinnamon, and Cayenne are spices that inhibit some inflammatory pathways in your body.

ANTI-INFLAMMATORY FOODS



TOMATOES



FRUITS



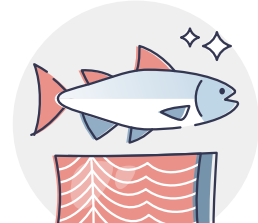
NUTS



OLIVE OIL



LEAFY GREENS



FATTY FISH

FACTS AND STATS

Arthritis affects an estimated 54 million adults in the US.

Women are more likely to have arthritis than men.

Arthritis is often accompanied by other chronic conditions like diabetes, COPD, and heart disease.

The prevalence of arthritis increases with age, primarily adults 45 years and older.

Arthritis is a major cause of disability and limitations.



Source: www.arthritis.org

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

**The provided content is intended solely for educational purposes and should not be treated as medical advice*