



# Say NO to Arthritis

Understanding Arthritis and Its Treatment Management

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# Arthritis Pain

## How to Manage and Alleviate Arthritis Pain

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As people get older – and in rare cases in younger people – a condition known as arthritis can develop. The immune system is the culprit in this disease as it produces chemicals that cause inflammation and swelling in the joints. Arthritis can be extremely painful and oftentimes can be completely debilitating.

Fortunately, there are many ways to get arthritis pain relief. If you are affected, it may seem like a hopeless cause, but there are ways to lessen the pain. The first step is to consult a doctor. Doctors have a lot of tools and knowledge that can help attain arthritis pain relief. If you are not satisfied with your doctor, the second avenue you should take is to search the Internet for various treatments.

In addition to medical prescriptions there are other ways you can go about treating arthritis. One method is to use special arthritis exercises to attain arthritis pain relief. Another method you can use is selected herbal supplements like glucosamine chondroitin that have demonstrated the ability to provide arthritis pain relief. Tylenol and other over the counter pain relievers can provide relief as well.