



# Arthritis Action Introduction to Self-Management

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# Impact of Arthritis

One in six people are currently living with arthritis in the UK

Arthritis can cause swelling, pain and stiffness in the joints

Osteoarthritis or 'wear and repair' mostly affects people over the age of 45, but rheumatoid and other types of inflammatory arthritis can begin at any age

Applying self-management techniques can reduce the impact of arthritis on your daily life



# What do we mean by **Self-Management** and **Supported Self-Management** ?



# What is Self-Management?

There are more than 200 types of Arthritis

What works for a friend or relative might not work for you

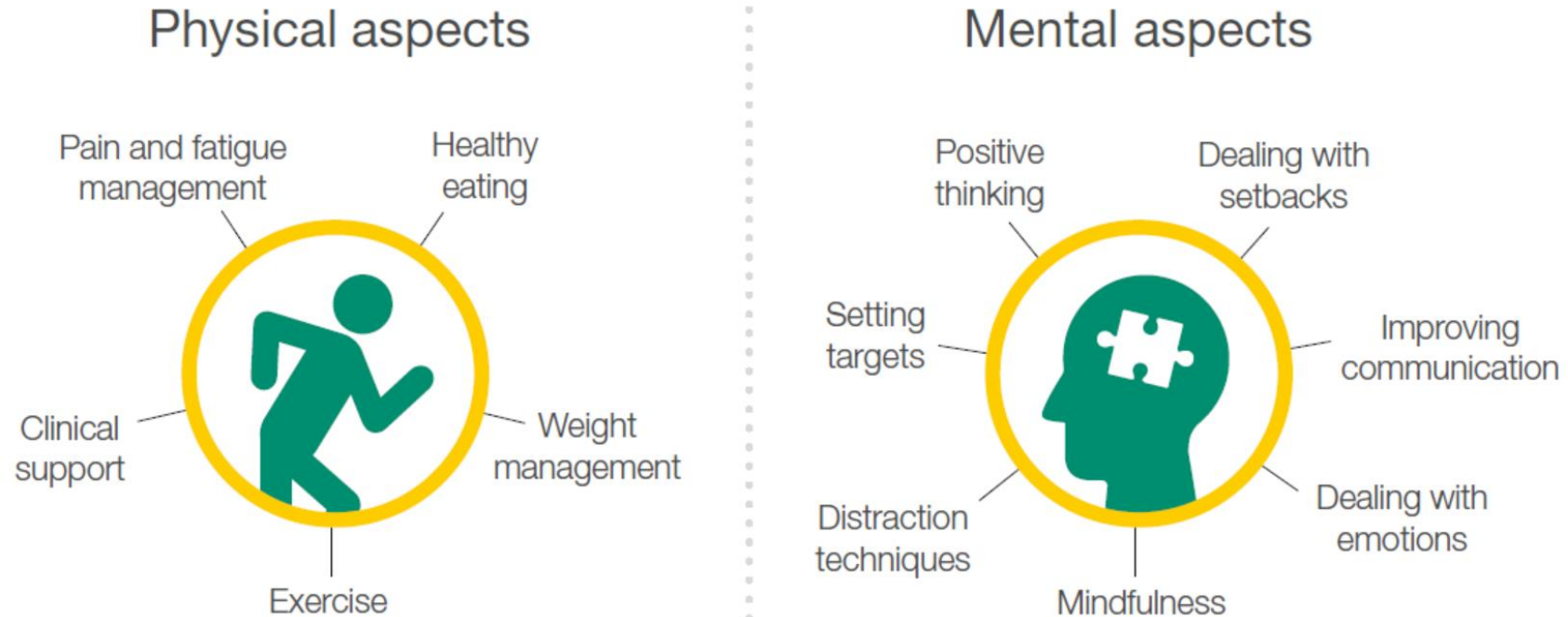
Find the best approach for you

Set your own pace and goals



# What is Self-Management?

## SELF-MANAGEMENT



# Supported Self-Management

You look after yourself, but also allow others to support you, such as your family and health professionals

‘You can think around a problem without being disabled by it’

‘The focus changes from I can’t to I can’

‘I have not got my old life back but I am learning to enjoy my new life’

‘I can manage the impact my arthritis has on my life’



# Diet and Arthritis

There are not any particular foods which will make your arthritis worse

Eat a well balanced diet and keep to a healthy weight

Evidence based research into diet and Arthritis – The internet can be a confusing place with lots of conflicting information

Including plenty of fruits and vegetables in your diet - vitamins and antioxidants are essential for good health

Appropriate portion sizes



# Exercise and Arthritis

Exercise is a great way to relieve the pain associated with arthritis

Choose an exercise you enjoy to help make it a part of your routine

Pain after exercise is normal

Multiple benefits of exercise: increased energy, less pain, improved function and reduced fatigue

Releases endorphins, natural painkillers in the body

Does not have to be vigorous

Positive social interaction





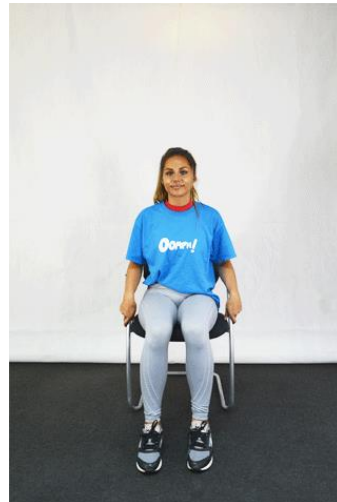
# Types of Exercise

Aerobic: Walking, dancing, swimming, gardening

Resistance: Balancing on one leg, using weights and press ups

Flexibility: Yoga and Pilates

Arthritis Action has a series of online exercises you can try at home



# Pain Management

# Pain and Arthritis

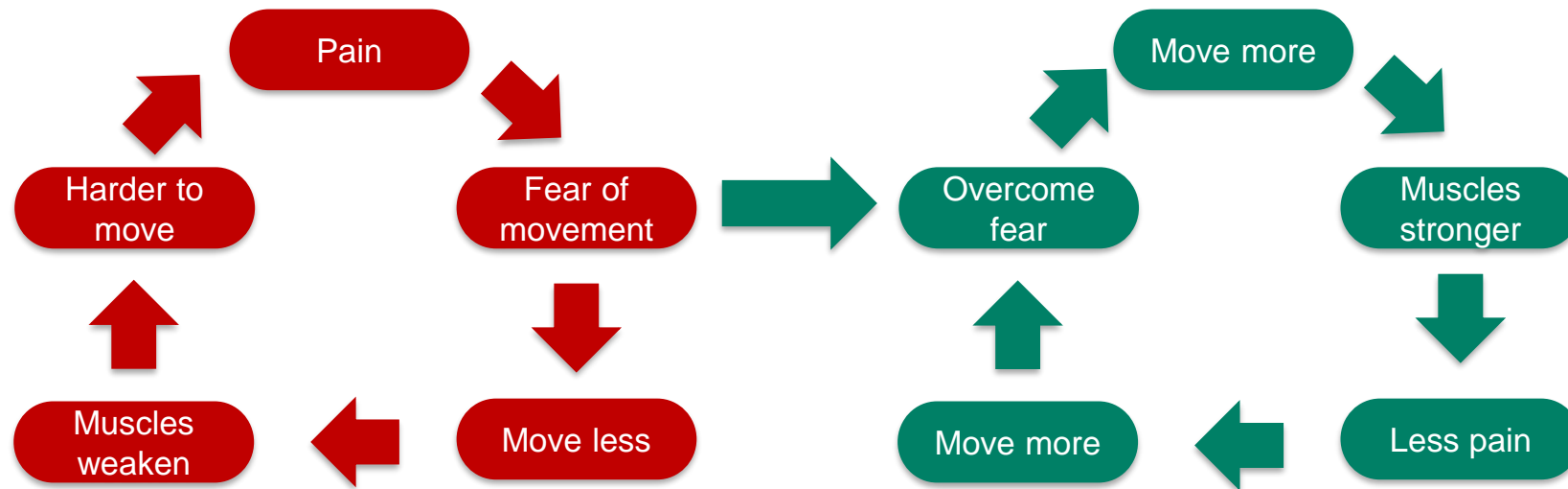
Negative language associated with pain

Survival instinct – lets us know that something is wrong

Increased stress levels

Relaxation

Breathing



# Pain continued

- We all experience pain differently
- The way we feel pain is unique to us
- Please do consult your GP if your pain gets worse or changes
- Movement and increasing muscle strength can help with pain
- Start small and remember to pace your activities
- Distraction techniques and mindfulness can be helpful too



# Mental Health and Arthritis

# Mental Health and Arthritis

Looking after your mental health is just as important as looking after your physical health

It can be difficult to stay positive when you are experiencing pain

Feelings of isolation can be very common as people find that their life is not as active as it used to be

Our mental health directory is a great resource find out more about support in your local area



## Next Steps

# Online Groups

Arthritis Action Online Groups are a place where you have the opportunity to share hints, tips and experiences with others about how you can manage your arthritis with confidence.





# Membership

**Nutritional and weight management** consultations with a registered Dietitian



**2 subsidised appointments** with an Osteopath or Physiotherapist per membership year



**Priority booking** on all Arthritis Action's Groups and Events



Individualised support using our **Personalised Member Pathway**



**Two issues** of our Members' Magazine



**An invitation and opportunity to vote** at the Annual General Meeting and Conference



Volunteer-led **Arthritis Action Connect** telephone service



**Any questions?**

**For more information about our services visit:**

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