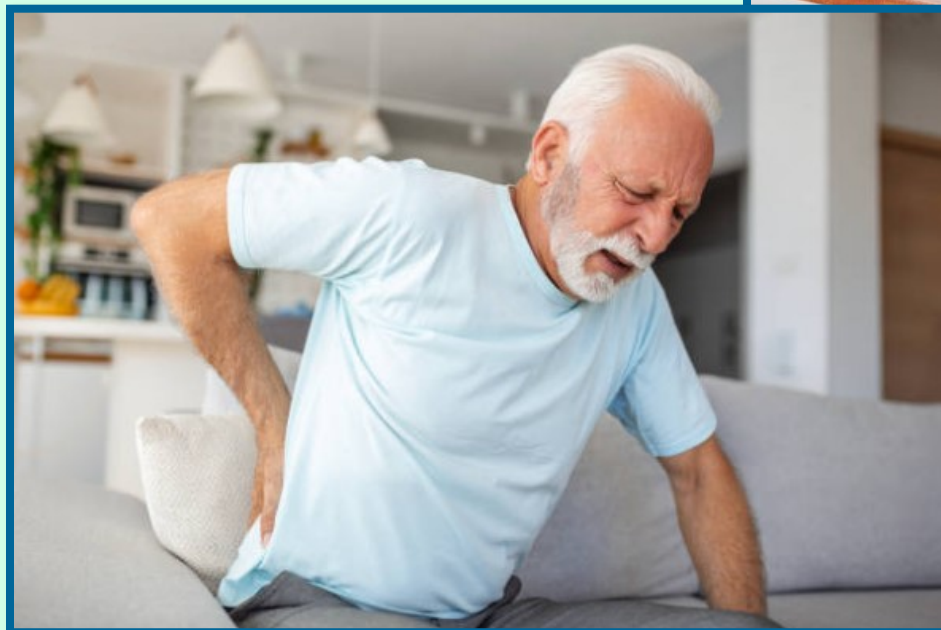




Arthritis Awareness

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: Quarterly Check-In Meetings Are This Month 1	2	3	4	5
8	9	10 Data Chasers Meeting 10:00am—11:00am	11	12
15	16	17	18	19 JUNETEENTH FREEDOM DAY *State Holiday*
22	23	24	25 BHH Learning Collaborative 1:00pm-2:30pm All are welcome!	26
29	30			

Arthritis Awareness

Scoliosis Awareness Month

PTSD Awareness Month

Arthritis Awareness

Arthritis

Arthritis is a common condition that causes pain, swelling, and stiffness in the joints. Joints are the places where two bones meet, such as the knees, hips, fingers, and shoulders. There are over 100 types of arthritis, but the two most common types are osteoarthritis and rheumatoid arthritis.

Several factors can increase the risk of developing arthritis, including age, family history, excess body weight, and previous joint injuries. Not every type of arthritis can be prevented, but healthy lifestyle habits can protect your joints and help lower your risk of developing arthritis. Staying physically active helps keep joints flexible and strong. Maintaining a healthy weight can reduce stress on joints. Eating a balanced diet rich in fruits, vegetables, whole grains, and healthy fats supports joint health and reduces inflammation.

If you have arthritis, it is important to work with your healthcare provider to find a treatment plan that works for you. Learning about your arthritis, managing stress levels, and taking your medications as prescribed can help reduce your arthritis symptoms. Taking small steps towards healthy lifestyle changes can make a big difference in keeping your joints healthy and helping you feel your best.

Arthritis By the Numbers

More than **58 million adults** in the U.S. have arthritis. It is one of the most common chronic health conditions in the country.



1 in 3 adults with arthritis experience **severe** joint pain.

Nearly **25 million adults** with arthritis report that it **limits their daily activities**, such as walking, climbing stairs, and doing household chores.



Women are **more likely** to have arthritis than men.

1 in 3 people with osteoarthritis have at least **five comorbid conditions**.



Medical care and lost job earnings related to arthritis amount to more than **\$300 billion every year**.

Arthritis statistics 2026 : Prevalence, demographics, and impact



Visit the Arthritis Foundation's **Connecticut Chapter** for activities and resources in your area.

Arthritis Foundation Helpline

800-283-7800

Don't face arthritis alone.

Resources for Clients

Common Types of Arthritis

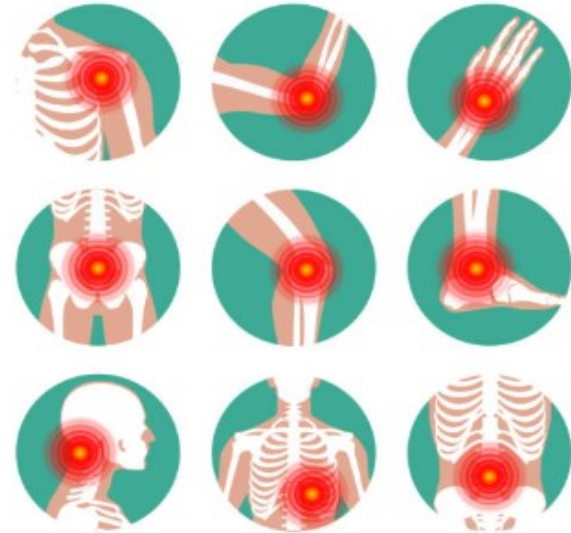
Osteoarthritis (Spanish)

Rheumatoid Arthritis (RA) (Spanish)

Axial Spondyloarthritis (AS) (Spanish)

Psoriatic Arthritis (Spanish)

Gout (Spanish)



[Answers To Your Arthritis Questions](#) This helpful guide has the answers to all of your arthritis related questions.

[Recently Diagnosed With Arthritis?](#) This guide discusses treatment options for different types of arthritis.

[Talking To Your Doctor About Arthritis](#) & [Questions To Ask About Osteoarthritis](#) Tips for talking to your doctor about arthritis.

[60 Ways To Fight & Prevent Pain](#) & [Arthritis Pain: Do's & Don'ts](#) Helpful information to prevent and manage your arthritis pain.

[Managing Arthritis Pain \(Spanish\)](#) & [Managing Your Pain Quiz](#) How much do you know about managing your arthritis pain??

[Activity Pacing](#) Learn about pacing and how it can help you manage your arthritis pain.

[Yes! Connect Groups](#) Connect with others living with arthritis via 16 different online support/social groups.

[YES: Your Exercise Solution](#) & [Exercise & Arthritis \(Spanish\)](#) These modified exercise videos can help you get those joints moving!

[Arthritis & Mental Health](#) Learn about the impact having arthritis can have on your mental health.

[Guided Meditation For Joint Pain](#) Take 10 minutes and allow this guided meditation to release tension in those joints!

[Arthritis & Summer Fun](#) Sharpen those pencils and see if you can solve this month's word search puzzles. Have fun!

Resources for Staff

Healthy Eats for Healthy Joints



[36 Tips For an Arthritis-Friendly Diet](#)

[23 Recipes to Tame Inflammation](#)

[Eat Well, Feel Better: Recipes for Arthritis Relief](#)

[Webinar: The Power of Food and Nutrition for Arthritis](#) ([webinar slides](#))

[Resources for Starting an Arthritis-Friendly Diet](#)

[Arthritis & The Benefits of Good Gut Health](#)

[10 Arthritis Food Myths](#)

[About Arthritis](#) The Cleveland Clinic explains everything you need to know about arthritis.

[Biologics & Biosimilars](#), [DMARDs](#) & [OTC Pain Medications For Arthritis](#) Learn about the many medications used to treat arthritis.

[Complementary Therapies for Arthritis](#) The Arthritis Foundation highlights alternative treatment options for arthritis.

[About Fibromyalgia \(Spanish\)](#) & [About Lupus \(Spanish\)](#) Learn about two chronic conditions that are closely related to arthritis.

[Hidden Symptoms: What Patients & Doctors Need To Talk About](#) Webinar exploring forgotten & challenging arthritis symptoms.

[Obesity & Osteoarthritis](#) Learn about the connection between obesity and osteoarthritis.

[Sleep & Arthritis](#) Read about how arthritis can be impacted by one's sleep habits.

[Arthritis in the Black Community](#) & [the Hispanic Community \(Spanish\)](#) Learn how arthritis impacts Black & Hispanic communities.

[Osteoarthritis Flare Tracker](#) Help clients track osteoarthritis flares & symptoms! Track [RA](#), [AS](#), [Gout](#), & [Psoriatic Arthritis](#) flares, too!

[20 Arthritis Myths Debunked!](#) Find out the real truth about arthritis and debunk those myths!

[Arthritis Glossary](#) Be "in the know" with this glossary list of arthritis related terms.