

Osteoarthritis:

Do You Know the Facts?

After decades of hard work, your joints will undergo some degree of degeneration, the most common form of joint disease, osteoarthritis (OA).

X It is the leading cause of physical disability in the U.S.

Y It occurs with thinning of the cartilage, a tissue that covers and cushions the ends of your bones where they form joints.

Z It affects primarily the hips, knees, and hands. Use SPF 30+ UVB protection when outdoors, even on cloudy days.

- T** **T** apply 1 to 2 ounces (about 1 full shot glass) of sunscreen to exposed skin 30 minutes before going outdoors and reapply about every 2 hours, and after sweating or swimming.
- T** **T** use moisturizers containing sunscreen every day, regardless of weather.
- T** **T** avoid the sun or stay in the shade between 10 a.m. and 3 p.m., when the sun's rays are strongest.
- T** **T** wear long-sleeve shirts and wide-brimmed hats for sun protection.
- T** **T**



If you answered *e*

*There are no shortcuts to the
greatest achievements.*

