



Administration on Aging



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Promoting Healthy Lifestyles

Arthritis and Osteoporosis

Arthritis

In 1997, 28 of the 33 million Americans with arthritis were over the age of 45. By 2020, an estimated 60 million Americans will be affected by arthritis. Arthritis is the leading cause of disability in the United States and although cost-effective interventions are available to reduce the burden of arthritis, they are currently underused. Arthritis causes pain, stiffness, and swelling in or near joints. There are over 100 diseases and conditions that include arthritis. Please use the resources below to learn more about arthritis.

Osteoporosis

"Osteoporosis is a devastating disorder that puts people at greater risk for fractures, including both men and women. One out of every two post-menopausal women will have an osteoporosis-related fracture in her lifetime. Better prevention and education strategies are clearly needed," said Assistant Secretary for Aging Josefina G. Carbonell.

Osteoporosis is one of the most frequent chronic diseases affecting older adults. It is largely preventable and is not a natural part of aging. The pain and suffering associated with its progression and its relationship to falls and fractures can largely be prevented through lifestyle attention to nutrition and exercise. Use the resources below for more information on treating and preventing osteoporosis.

General Resource Links:

Arthritis

- [Arthritis – CDC](#) – Statistics and research.(Off Site)
- [Arthritis Resource Center - HealingWell.com](#) – News, articles, and other arthritis resources. (Off Site)
- [Assess Your Joint Health](#) – The Arthritis Foundation – Assess your risk and symptoms. (Off Site)
- [National Institute of Arthritis and Musculoskeletal and Skin Diseases – NIH](#) – Research and health information about arthritis and other rheumatic diseases. (Off Site)

Osteoporosis

- [What is Osteoporosis?](#) – Mayo Clinic Health Oasis –Includes information from warning signs to prevention to care.(Off Site)
- [Osteoporosis: Progress and Promise](#) – National Institute of Arthritis and Musculoskeletal and Skin Diseases –Includes research, initiatives, and education on the disease. (Off Site)
- [Assess Your Joint Health](#) – National Osteoporosis Foundation – Steps to prevention. (Off Site)
- [How Can I Prevent Osteoporosis?](#) – Research and health information about arthritis and other rheumatic diseases. (Off Site)



Additional Topics

- ▶ [HHS - Diseases & Conditions \(Off Site\)](#)
- ▶ [AoA Fact Sheets](#)

- [Osteoporosis and Related Bone Diseases National Resource Center](#) – National Institutes of Health – Includes fact sheets, research, news, and more. (Off Site)
- [Osteoporosis Education Project - Better Bones Better Body](#) – A non-profit research and education organization investigating the true nature, causes, and best prevention and treatment of osteoporosis. (Off Site)

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