

## Things you can do:

- ◆ Eat a healthy diet
- ◆ Do some gentle, regular exercise
- ◆ Get some rest
- ◆ If overweight, lose some
- ◆ Learn new ways of doing things
- ◆ Make use of traditional herbal remedies, e.g. comfrey for swelling.
- ◆ Find out if you can get Disability Living Allowance.

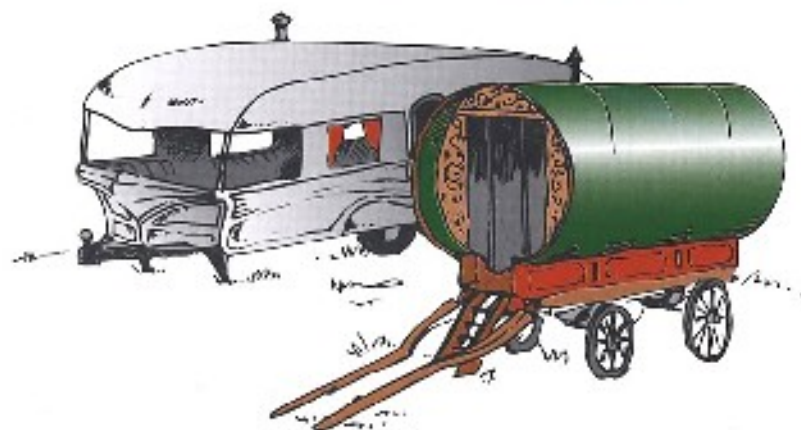
For more information call  
**Freephone Healthline 0845 46 47**  
or contact:

**Arthritis Research Campaign**  
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Produced with Derbyshire Gypsy Liaison Group (Hepnnt 2006)  
Funded by NHS Ethnic Health Unit and North Derbyshire Health Promotion Service.  
Illustrations by Bridie Page      Production & printing by N.E.D.D.C. (10184)

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# GYPSIES & TRAVELLERS



# & ARTHRITIS...



B. Page.

## Arthritis

Gypsies & Travellers of all ages can and do get Arthritis

### Rheumatism is:

- ◆ Aches and pains in the joints and muscles.

### Arthritis is:

- ◆ Swelling, heat, pain and stiffness of joints.

There are many kinds of Arthritis, e.g. osteoarthritis, gout, rheumatoid.

### Causes of Arthritis

- ◆ It is not always known
- ◆ There are tests which can tell you what kind of Arthritis you have

### Is there a cure?

- ◆ No, but a lot can be done to help, especially in the early stages.

## Living with Arthritis

- ◆ May have it for a few months or years
- ◆ Causes pain, swelling, stiffness in joints and tiredness.
- ◆ Can cause loss of strength, grip and movement
- ◆ Makes you feel frustrated/depressed

## Treatment

Depends on which kind of Arthritis, but could be:

- ◆ GP/Hospital
- ◆ Drugs
- ◆ Learning about your illness
- ◆ Physio/Occupational Therapy
- ◆ Surgery - to put a new joint in

