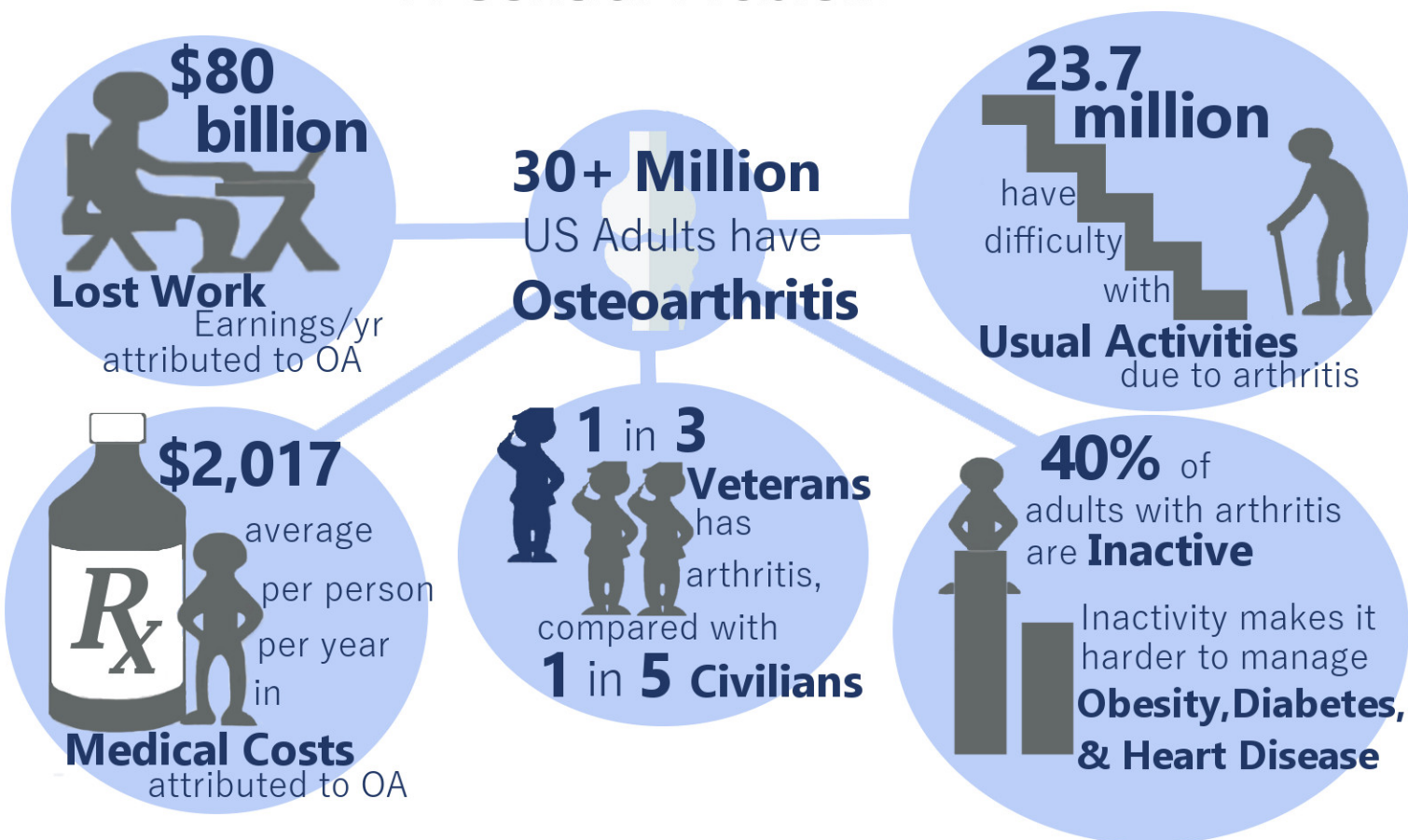


# Osteoarthritis:

## A Central Problem



Managing Osteoarthritis can have impacts far beyond our joint health.

## What can we do?



### Research

- Increase funding for the **CDC Arthritis Program** and the **National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**. This will support state and national efforts to discover causes, treatments, and ways to prevent osteoarthritis.
- Fund arthritis research at the **Department of Defense (DOD)**. This will address the burden of post-traumatic arthritis on veterans who have had past joint injuries.



### Community-Based Exercise Programs

- Research shows that programs like Arthritis Foundation's **Walk with Ease** and **Enhance Fitness** reduce pain and limitations in people with osteoarthritis.
- State funding to promote and disseminate these programs will help more people with arthritis to participate in them.
- Continue funding the **Prevention and Public Health Fund**. This fund supports Chronic Disease Self-Management Programs, which have reached 170,000 adults since 2012.



### Access to Healthcare Providers

- Managing osteoarthritis can take a team of providers, like physical therapists, occupational therapists, and social workers.
- Patients benefit most from health policies that allow access to different types of providers. Repealing **Medicare caps on physical and occupational therapy** will improve care options.

For more information, resources, and updates, visit the OA Action Alliance at <http://oaaction.unc.edu/>