Study Reveals Arthritis May Harm the Social Life of Sufferers and Their Ability to Work

Melissa Scott  February 14, 2017

A potentially safer alternative to NSAIDs is glucosamine, which does not cause side effects. Glucosamine is believed to be one of the most popular joint health enhancement supplements today.

(Newswire.net -- February 14, 2017) Orlando, FL -- Performing one’s daily functions and working are two of the most common routines shared by a majority of people around the world. However, this may not be the case for individuals who suffer from conditions such as arthritis.

A study reveals that arthritis may harm a sufferer's social life and ability to work. According to the new study, one in seven adult individuals in the United States has arthritis and one other chronic health problem.

According to researchers, having many chronic health conditions has been associated with work disability. It has also been linked with limitations on social activities as well as significant mental distress. The negative effects are thought to worsen if the chronic condition is arthritis.

Jin Qin and colleagues from the U.S. Centers for Disease Control and Prevention reveals that among individuals with one chronic condition, those who suffered from arthritis were more susceptible to disability than those who do not have the condition.

It is important to note that according to findings, individuals with arthritis are more likely to have difficulties engaging in social activities. Almost 4% of those with arthritis admitted they had difficulties participating in social activities.

The 2013 national data also revealed that those who suffered from two or more chronic conditions were more likely to have work disability.

In the CDC news release, the researchers reveal that there are many proven and inexpensive methods available for individuals with arthritis and other chronic conditions. One is increased physical activity, which is widely believed to be helpful for individuals with arthritis. To see the study, you may check out CDC’s Morbidity and Mortality Weekly Report, June 4 issue.

Arthritis sufferers are also advised to participate in self-management programs to ease pain and reduce their risk of disability. It may also help improve their mental health and physical function of sufferers.

There are many arthritis sufferers who succumb to depression due to the symptoms caused by the condition. Pain can come at any time of the day or night, and there are many who become unable to sleep due to arthritis symptoms.

Arthritis symptoms may reduce the quality of life of sufferers. However, there are certain alternatives such as the use of nonsteroidal anti-inflammatory drugs (NSAIDs) that may help ease pain and reduce inflammation.

A potentially safer alternative to NSAIDs is glucosamine, which does not cause side effects. Glucosamine is believed to be one of the most popular joint health enhancement supplements today.

(www.amazon.com/glucosamine-no-shell-fish/dp/B0126ZF0B0)

About Divine Bounty

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