Helpful tips for managing giant cell arteritis (GCA)

There are several steps to take that can help you manage your chronic condition. Work with your rheumatologist to ensure these steps are right for you.



Lifestyle

When living with GCA, it is important to stay fit and make smart lifestyle choices.

- **Stay** active with low intensity exercises like walking or jogging to help strengthen bones
- **Avoid** smoking. It can damage bone health, putting you at risk of osteoporosis, and even increase risk of stroke
- **Avoid** drinking too much alcohol as this is also bad for bone health



Nutrition

Make sure to talk to your doctor about the foods you eat. It's important to maintain a healthy, balanced, and nutritious diet.

- **Consume** foods that are low in saturated fats, sugar, and salt
- **Get** plenty of calcium and vitamin D from dairy products, leafy green vegetables, beans, and even some nuts
- **Aim** to have between 700 and 1,200 mg of calcium a day



Share with others

It's not always easy, but here are some steps to take to help start the conversation.

- **Ask** yourself who you are sharing with, what your relationship is, and why you want to share with this person
- **Describe** how the condition affects daily activities
- **Think** about the most important thing you want this person to know

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