

# Helpful tips for managing rheumatoid arthritis (RA)

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

Talk to your doctor about some lifestyle changes that may help.

- **Maintain** a healthy body weight to help reduce stress on joints
- **Move** every day, for example:
  - **Use** the stairs instead of the elevator if you can
  - **Park** farther away from where you are going
  - **Take** the long way to your destination
  - **Rest** regularly when RA is active and joints feel painful, swollen, or stiff; rest can help reduce inflammation and fatigue



## Hot and cold remedies

Using hot and cold packs or creams can help when you are feeling stiff or sore.

- **Use** a cold pack or warm baths; heat helps soothe stiff joints, and cold is best for swollen joints or acute pain
- **Apply** topical creams, gels, or patches to help ease joint and muscle pain



## 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