

# What is your **Arthritis I.Q.?**

**54.4** million adults have arthritis



Arthritis affects daily activities of **22.7** million adults

obesity increases incidence and severity of arthritis



## Exercise

reduces weight load on joints, relieves pain and improves function.



## Keeping joints

flexible can be helpful - select the right activity and wear proper supports.

**2/3** of arthritis sufferers are **younger** than 65 (working and not retired)



The word **arthritis** comes from the Greek arthron meaning “**joint**” and the Latin **itis** meaning “**inflammation**”

## Frequent Frustrations

swelling  
aching joints  
the inability to grasp and manipulate objects



## IMAK<sup>®</sup> Gloves

have received the **Ease of Use Commendation** from Arthritis Foundation.

Smart Glove, Arthritis Gloves, Active Gloves and Arthritis Knee Sleeve



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Source: Arthritis Foundation [www.arthritis.org](http://www.arthritis.org)