World Arthritis Day 2011

October 12, 2011

Wednesday, October 12, is World Arthritis Day. This awareness day was established in 1996 to focus attention on the needs of people living with rheumatic and musculoskeletal diseases around the globe. “Move to improve” is this year’s theme.

According to U.S. Health and Human Services Secretary Kathleen Sebelius, one in five U.S. adults lives with arthritis. Sebelius urges all Americans to learn simple steps to prevent arthritis, such as regular physical activity.

Watch her World Arthritis Day message:

The European League Against Rheumatism currently supports and manages World Arthritis Day worldwide. The Arthritis Foundation coordinates World Arthritis Day events in the United States.

Go to fightarthritispain.org to learn more about the disease from the Arthritis Foundation.

Go to worldarthritisday.org to find events worldwide and in the United States.

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http://beta.docker.realhealthmag.com/article/world-arthritis-day-21303-7536