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ACHES AND PAINS - PROTECT YOURSELVES FROM ARTHRITIS

Q I am in my mid-20s and have recently started to suffer from stiff, achy joints. I've heard that women should start protecting themselves against arthritis in their 20s and 30s, and so I wondered what steps I could take to lessen the risk of developing it later in life?

A Arthritis is a painful and debilitating disease which affects many people, both old and young. More than seven million people in the UK have long-term health problems due to arthritis or a related condition. There are certain steps that can be taken to improve your lifestyle and diet in order to minimise the chances of developing bone and joint problems in later life, a few of which are outlined below.

EXPERT RECOMMENDS:

1. Take regular exercise – exercise has been proven to reduce the pain and fatigue of arthritis. Regular physical activity helps build and maintain healthy bones.
2. Eat plenty of fruit and vegetables – recent research has shown that a low intake of fruit and vegetables – especially those containing vitamin C – seems to increase the risk of developing inflammatory arthritis.
3. Drink Green Tea – Green Tea may help to prevent arthritis damage and reduce inflammation by slowing the cartilage breakdown.
4. Breast-feed – women who breast-feed for more than 24 months can reduce their risk of developing rheumatoid arthritis by up to 50% compared to those who choose not to nurse (based upon a study which appears in Arthritis and Rheumatism)
5. Take a daily supplement containing Celadrin – Celadrin® is a patented blend of esterified fatty acids which has been shown to play a role in maintaining the mobility and flexibility of knee, wrist and elbow joints. Lubramine™ contains Celadrin and is available in Superdrug priced £9.95 for 30 capsules

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NEW
GLAMOUR diet profile

Age years

Sex female male

[Click here to change to metric](#)

Height ft ins

Weight st lbs

Select your activity level

Leisure

What is your overall goal?

- lose weight
- maintain weight

What is your goal weight?

Select Goal Weight

Weekly weight loss?

- 0.5 lb
- 1 lb
- 1.5 lb
- 2 lb

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