



MANAGING ARTHRITIS SERIES

Self-Care Planner-Part 4 ✨

Talk to your doctor



Talk to your Doctor

Talk to your doctor if you have joint pain and other arthritis symptoms. It's important to get an accurate diagnosis as soon as possible so you can start treatment. Early and effective treatment is important to minimize symptoms and prevent the disease from getting worse, especially for certain forms of arthritis, like lupus, rheumatoid arthritis, and gout.

The focus of arthritis treatment is to

- Reduce pain.
- Minimize joint damage.
- Improve or maintain function and quality of life.

You can play an active role in controlling your arthritis by attending regular appointments with your health care provider and following your recommended treatment plan. This is especially important if you also have other chronic conditions, like diabetes or heart disease.