

# Arthritis And Cold Weather

Cold weather can make arthritic joints feel stiffer than usual. Most kinds of arthritis cause pain and swelling in your joints.

## What can make your pain feel worse?

- Stress
- Overdoing physical activity
- Focusing on pain
- Fatigue



- Anxiety
- Depression

### **What can block pain signals?**

- Positive attitude and pleasant thoughts
- Appropriate exercise
- Relaxation
- Medications
- Massage
- Topical pain relievers
- Heat and cold treatments

### **Here are some things you can do about it:**

- Weight control
- Take a warm bath every evening before bed.
- Exercise regularly. If the cold weather keeps you from your routine, explore indoor exercise possibilities, such as swimming.
- Stick with your medicine regimen. If you haven't talked lately with your doctor about arthritis medicines, now is a good time. New medicine or other treatments

