

CAM Therapies FOR RHEUMATOID ARTHRITIS

While medication is your primary treatment for rheumatoid arthritis (RA), there are other things you can do to help ease stress, boost joint function, and improve your mood. Add one or more of these CAM (complementary and alternative medicine) therapies to your RA treatment plan.



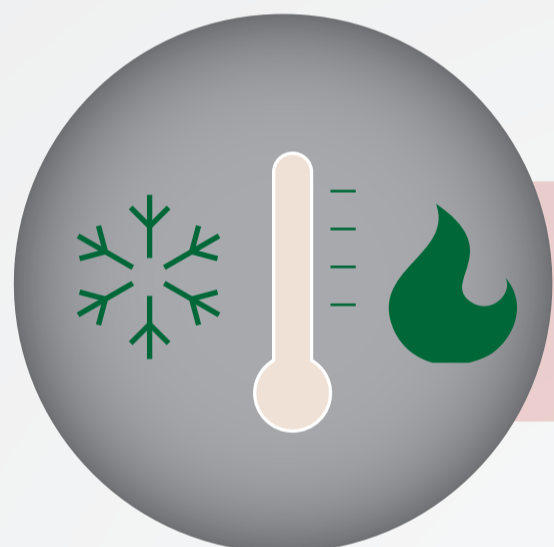
Meditation

- Helps to lessen feelings of stress
- Improves mood
- May ease feelings of pain intensity



Exercise

- Builds strength and endurance
- Helps control pain
- Boosts flexibility
- Helps prevent bone loss



Hot and Cold Therapy (Thermotherapy)

Heat:

- Improves pain tolerance
- Relaxes muscles

Cold:

- Numbs pain



Yoga

- Improves balance
- Boosts energy
- Helps lessen feelings of anxiety and stress
- Helps to ease perception of pain
- Promotes flexibility



Fish Oil

- May ease joint stiffness and pain
- May lessen the need for NSAID medications