

U N I T E D W A Y R E P O R T

Your United Way of Broome County investment at work

March 2004

Arthritis Foundation helps member fight against arthritis

Today, when individuals are affected by arthritis, their only option is to cope with the disorder. Proper care for such a lifelong disorder includes exercising, taking medicine, and undergoing surgery. It starts with having a positive attitude towards improving one's physical well being. Barbara Miller was first diagnosed with rheumatoid arthritis in 1981 on her knees. Afterwards, it developed on her hands, hips and feet. She has gone through numerous operations and is able to cope with her arthritis through the support of the Arthritis Foundation over the past 22 years.

Rheumatoid arthritis, a disorder that affects 350 million people worldwide, is caused by an inflammation in the lining of the joints and other internal body organs. There is no cure for arthritis or prevention of this disease, but careful management can help to reduce some of its effects.

Barbara finds it helpful to discuss arthritis with people who are dealing with the same disease. Through the Foundation, she is able to utilize the **water treatment therapy** at the YMCA in Johnson City, and recommends it to others dealing with arthritis.

Community Teaching Days Program informs the public about health issues

Barbara now volunteers at the Arthritis Foundation doing administrative tasks and organizing special events. She also participates in the

Foundation's Community Teaching Days, which is a seminar hosted by medical professionals to discuss the latest treatments and findings from



Barbara Miller values the support she receives from the Arthritis Foundation. Her vigorous participation helps ease the effects of rheumatoid arthritis significantly over the past 22 years.

arthritis research with the public. Says Miller, "I encourage anybody to contact the Arthritis Foundation. If they don't take care of themselves, nobody will. You have to take charge of your own life."

The Arthritis Foundation

The Broome Branch of the Arthritis Foundation is a nonprofit

organization that provides programs and support groups for people affected by arthritis. The organization has an extensive information library, which includes up-to-date information on new treatment and drugs, plus information about traditional and alternative treatments such as massage, acupuncture, and relaxation techniques. The Foundation also provides a list of local care providers where people can get treatment. Special teaching days are offered twice each year, one for the professional and one for the public. The Arthritis Foundation is the only national, voluntary health organization that works for all people affected by more than 100 forms of arthritis. The Broome Branch of the Arthritis Foundation is a branch of the Upstate New York Chapter located in Rochester.

Arthritis Foundation and United Way: helping others cope with arthritis

The mission of the Arthritis Foundation is to support research, to find a cure for arthritis or to prevent its occurrences, and to improve the quality of life for those affected by this disease. United Way funds support groups, information dissemination, and the Teaching Days event of the Arthritis Foundation that help people like Barbara cope with arthritis. To learn more about the Arthritis Foundation and its services, call 798-8048 or visit its web site at www.tier.net/arthritisbroome.



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