

# Arthritis - The Painful Numbers Uncovered

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Year after year, arthritis affects the livelihood of millions of Americans. Treatment varies, but one stands above the rest.

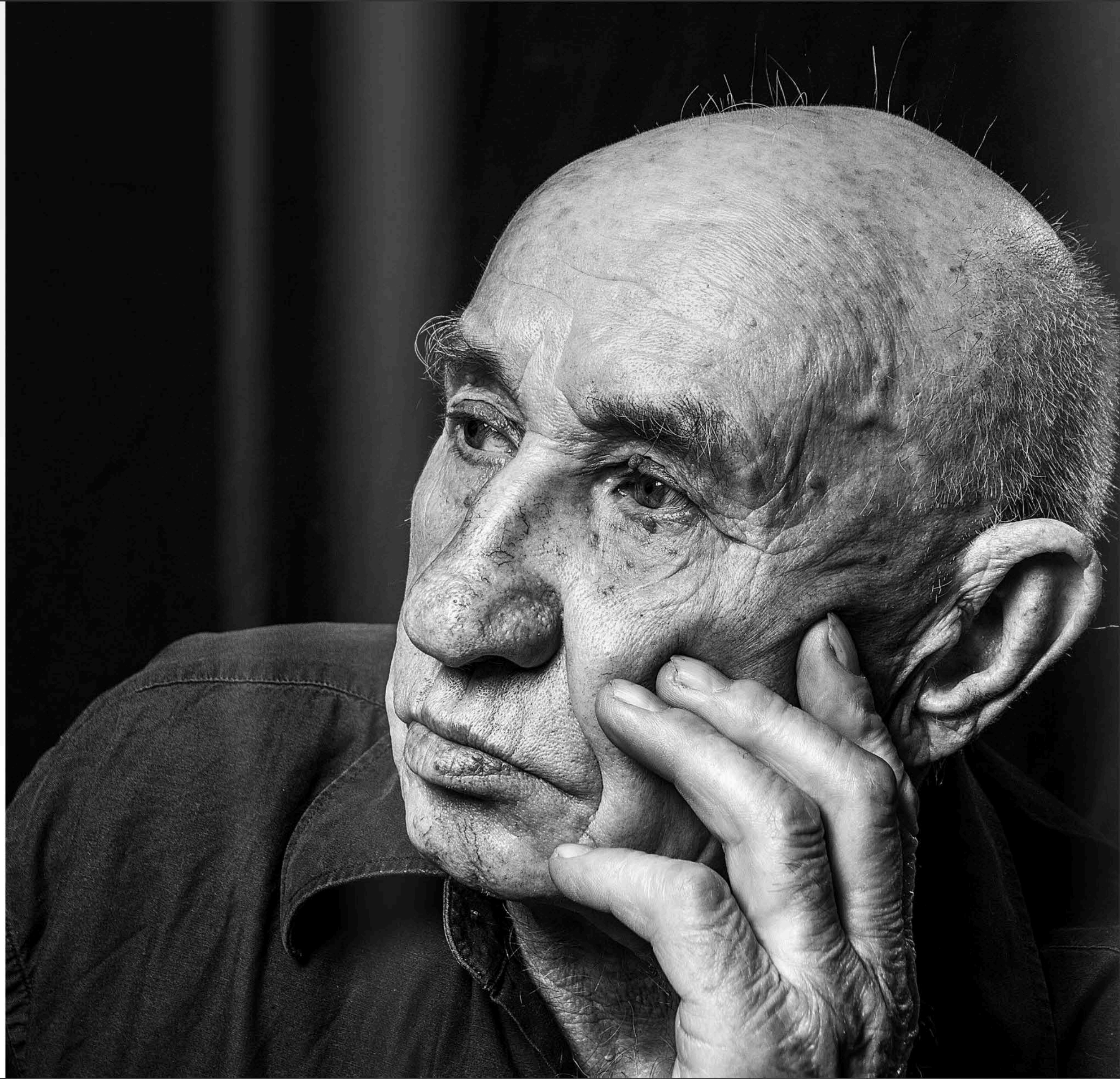
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**A**rthritis continues to be the leading cause of disability in the United States. Over 52.5 million adults suffer from this chronic ailment – that is one in five adults. As a disability, arthritis includes more than 100 different types of musculoskeletal diseases and conditions that affect the joints, tissues that surround the joints and other connective tissue. It does not discriminate.

Many people believe arthritis only affects the elderly, but it affects all people, including children. According to the Arthritis Foundation, 300,000 babies and children have arthritis or a rheumatic condition – that is one out of every 250.

The risk of developing arthritis increases with age. Despite this, according to the Centers for Disease Control and Prevention (CDC), nearly two-thirds of people with arthritis are younger than age 65. It affects more women than men, and it crosses all racial and ethnic groups.

The victim count of this relentless ailment is expected to grow. As our population ages, the number of people diagnosed with arthritis is likely to reach 67 million by the year 2030.



## The economic and personal toll

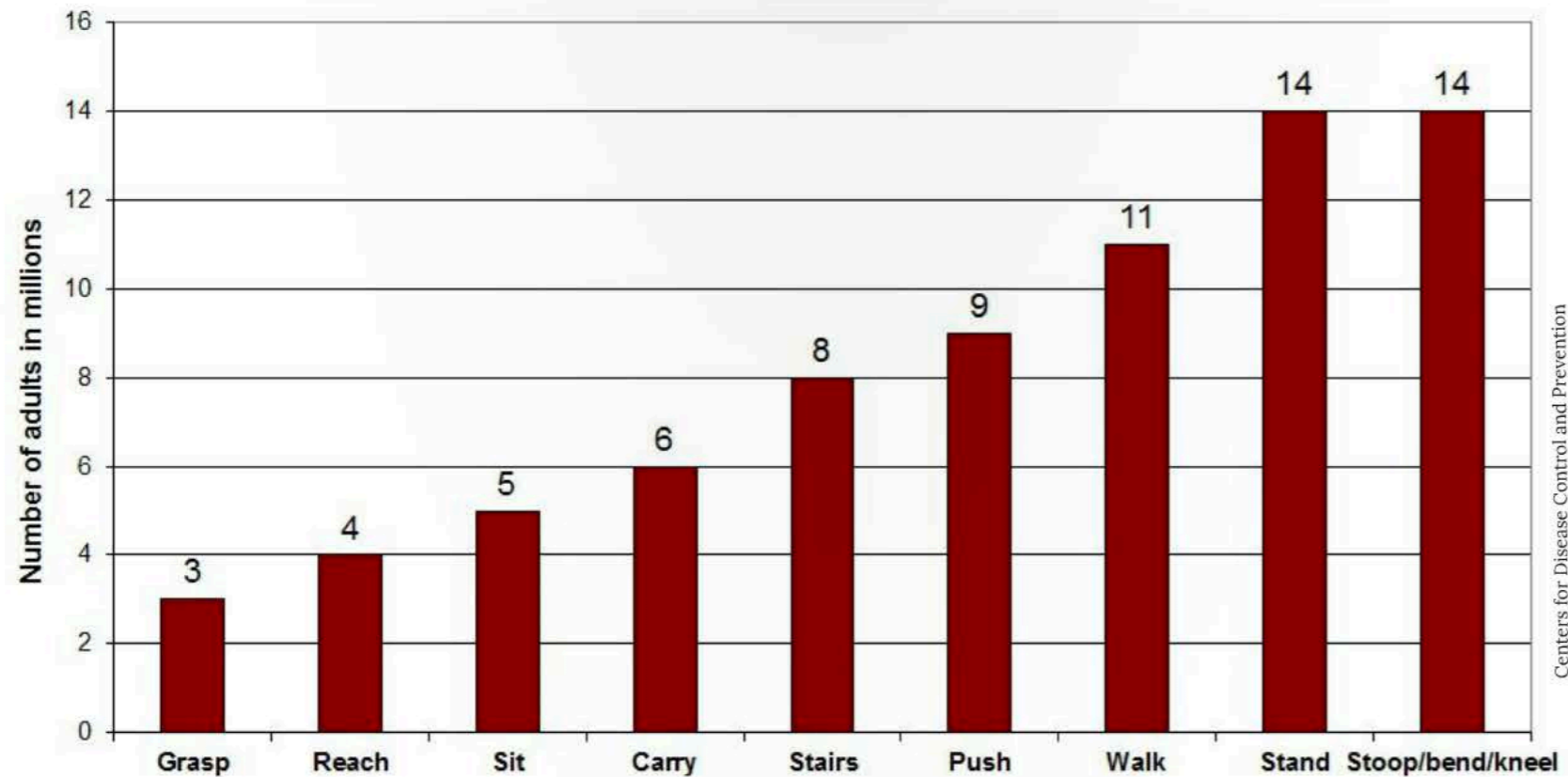
For many arthritis sufferers, the disease has a negative impact on their quality of life. The disabling factor of arthritis affects the day-to-day activities of most of those affected. The disease impacts function and mobility resulting in inactivity and loss of work. Adults who report activity limitations also

report difficulty in doing simple things like the ability to stoop, bend or kneel, and six million of the reported sufferers are unable to walk a quarter mile<sup>1</sup>.

The graph below is based on data from the CDC's 2009 National Health Interview Survey (NHIS). Survey

respondents rated the difficulty or inability to accomplishing simple day-to-day activities, such as grasp small objects; reach above one's head; sit more than two hours; lift or carry 10 pounds; climb a flight of stairs; push a heavy object; walk a 1/4 mile; stand more than two hours; stoop, bend or kneel<sup>2</sup>.

Millions of adults with arthritis report limitations in specific functional activities.



Digging deeper into the issue, the numbers look even worse. Based on data gathered from the 2010-2012 National Health Interview Survey (NHIS)<sup>3</sup>, an estimated 22.7 million (9.8 percent of all adults)

have activity limitations due to arthritis. Based on these results, the study projects an estimated 35 million adults (44 percent of those with arthritis) will report activity limitations by the year 2040<sup>4</sup>.

1. Barbour KE, Helmick CG, Theis KA, Murphy LB, Hootman JM, Brady TJ, Cheng YJ. Prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation-United States, 2010-2012. *Morb Mortal Wkly Rep.* 2013; 62(44): 869-873. PubMed PMID: 24196662.  
 2. Theis KA, Murphy L, Hootman JM, Wilkie R. Social Participation Restriction among U.S. adults with arthritis: A population-based study using the International Classification of Functioning, Disability, and Health. *Arthritis Care & Research* 2013; 65(7):1059-1069.  
 3. Barbour KE, Helmick CG, Theis KA, Murphy LB, Hootman JM, Brady TJ, Cheng YJ. Prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation-United States, 2010-2012. *MMWR* 2013;62 (44):869-873.  
 4. Hootman JM, Helmick CG, Barbour KE, Theis KA, Boring MA. Updated projected prevalence of self-reported doctor-diagnosed arthritis and arthritis-attributable activity limitation among US adults, 2015-2040. *Arthritis & Rheumatology.* 2016 Mar 25. [Epub ahead of print]. doi: 10.1002/art.39692. PubMed PMID: 27015600.

## The distressing statistics

The economic burden of arthritis is taking its combined toll on individuals and the nation. In 2003, medical expenditures and lost wages due to arthritis were approximately \$128 billion as reported in the CDC's Morbidity and Mortality Weekly Report (MMWR)<sup>5</sup>. That statistic is equivalent to 1.2 percent of the U.S. gross domestic product for 2003.

Some forms of arthritis, such as rheumatoid arthritis, tend to be progressive in nature. This means that the symptoms worsen over time. These diseases have a long-term impact on the lives of those affected, which translates into considerable social and economic costs. A 2009 study concluded as many as one-third of rheumatoid

arthritis sufferers are forced to stop work within ten years of being diagnosed<sup>6</sup>.

The table below compiled by the CDC shows the total costs\* (in millions of dollars) attributable to arthritis and other rheumatic conditions for each state in 2003<sup>7</sup>.

Total Costs\* (in millions) Attributable to Arthritis and Other Rheumatic Conditions, By State, United States, 2003

\$225 million to \$574 million		\$650 million to \$1.6 billion		\$1.9 billion to \$2.9 billion		\$3.2 billion to \$12.1 billion	
District of Columbia	226	Nebraska	757	Colorado	1,920	Indiana	3,181
Wyoming	243	New Mexico	770	Louisiana	2,036	Tennessee	3,271
Alaska	275	Utah	820	South Carolina	2,133	Virginia	3,466
North Dakota	285	Nevada	1,022	Minnesota	2,172	New Jersey	3,544
Vermont	290	Kansas	1,106	Arizona	2,343	Georgia	3,911
South Dakota	351	West Virginia	1,188	Kentucky	2,426	North Carolina	4,112
Delaware	363	Iowa	1,250	Wisconsin	2,445	Michigan	5,557
Hawaii	375	Arkansas	1,441	Maryland	2,479	Ohio	5,745
Montana	396	Connecticut	1,443	Alabama	2,597	Pennsylvania	6,578
Rhode Island	511	Mississippi	1,495	Illinois	2,670	Florida	7,624
Idaho	564	Oregon	1,609	Massachusetts	2,734	Texas	8,706
New Hampshire	574	Oklahoma	1,628	Washington	2,787	New York	8,726
Maine	648			Missouri	2,874	California	12,137

\* Total costs = medical expenditures + lost earnings

More current data on the 2006-2010 estimates of medical costs and loss earnings attributable to arthritis and other rheumatic conditions at the state level are available online using the [CDC's Chronic Disease Cost Calculator](#).

5. January 12, 2007 MMWR entitled: National and State Medical Expenditures and Lost Earnings Attributable to Arthritis and Other Rheumatic Conditions - United States, 2003.  
 6. Kobelt G. The social and economic impact of rheumatoid arthritis. In: Hochberg MC, Silman AJ, Smolen JS, Weinblatt ME, Weisman MH, eds. *Rheumatoid Arthritis*. Philadelphia, Penn: Mosby Elsevier; 2009:83-89.  
 7. Yelin E, Cisternas M, Foreman A, Pasta D, Murphy L, Helmick C. National and state medical expenditures and lost earnings attributable to arthritis and other rheumatic conditions - United States, 2003. *MMWR* 2007;56(1):4-7.

## Living with arthritis

There is no cure for arthritis, and living with the pain can be challenging. It prevents those affected from leading active, healthy lifestyles. With the right strategy, arthritis sufferers can learn to manage the pain and limit its impact on their life.

Arthritis pain may be treated in many ways, and it all comes down to understanding one's condition. As previously mentioned, arthritis is an umbrella term for over 100 different types of joint diseases. Treatment is often medication. However, if you do not want to be one of the 16,500 who unnecessarily die each year from arthritis medications, you may want to consider other options<sup>8</sup>. Some forms of arthritis pain can be managed through natural treatments, exercise, weight loss, physical therapy, acupuncture, tai chi and the Biomat®.

Treatments for arthritis should be tailored to the individual's specific needs. The type and severity of the condition varies from person to person. Health care professionals should balance the risks and benefits of each treatment to meet the personal needs of the patient.

## FDA approved Biomat® treatment for arthritis pain relief.

The Biomat® soothes arthritis pain by delivering warm infrared heat to the affected areas. The infrared rays penetrate deep into the body providing relief where no sports creams or patches can reach.

The warmth of the Biomat® increases blood circulation. This boost in blood flow brings oxygen and nutrients to injury sites, reducing inflammation and promoting the body's natural healing process.

The Biomat's® infrared therapy effectively reduces the pain and stiffness associated with arthritis.

The Biomat® will relax your body and increase mobility. Now, you can take on the day!

## RIP Glenn Frey

11/06/1948-01/18/2016

Vocalist for the rock band the Eagles died from complications of the medications he took for rheumatoid arthritis.

8. Singh Gurkirpal, MD, "Recent Considerations in Nonsteroidal Anti-Inflammatory Drug Gastropathy", The American Journal of Medicine, July 27, 1998, p. 315



Download our Biomat and arthritis brochure as well as learn more about the Biomat® from our new Biomat Powerpoint series available at [www.richwayandfujibio.com](http://www.richwayandfujibio.com).

The Biomat® is approved by the FDA for the treatment of arthritis pain relief. The Biomat® will relax your body and increase mobility. Now you can take on the day.





“I had been suffering from Osteoarthritis for 10 years. I strongly dislike taking medication and was willing to try anything to get rid of the pain. I immediately began to feel relief within the first week. . . .I am totally sold on the healing power of this wonderful product and am recommending it to others.” - K. Allen

By my fourth [Biomat®] session, not only was I walking up the stairs easier, I was actually able to walk up a steep hill in my neighborhood! The Biomat® sessions really helped to reduce the pain and inflammation I was feeling so I have no problem recommending it to anyone with arthritic problems... - Alison

