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# Benefits News



## Arthritis Fast Facts

This document is part of the OEBB May Newsletter, Managing Arthritis. To access other resources, visit the [News and Events page](#).

The infographic below contains information on arthritis from Penn Medicine. To learn more, you can visit the [Penn Medicine Arthritis page](#).

### 1 IN 5 Americans Suffer from Arthritis



#### What Is Arthritis?

Arthritis is **inflammation** of one or more of your joints



#### Warning Signs



Stiffness | Tenderness  
**Pain** | Deformity  
Grinding

**There are 100+ types of arthritis**

Most Common:

#### Osteoarthritis

Characterized by breakdown of cartilage and stiffness/pain in affected joints

#### Rheumatoid Arthritis

Characterized by swelling, bone erosions, and joint deformity

#### Who Is Affected?

Arthritis affects **all ages**

**2/3**  
are under  
the age of 65

0 10 20 30 40 50 60 70+

**Women** are more likely to be affected by arthritis than men



Overweight people are **4 TO 5** times more likely to develop arthritis

#### Risk factors



Age



Obesity



Family History



Injury



Muscle Overuse & Weakness