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Benefits News



Arthritis Fast Facts

This document is part of the PEBB 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



There are 100+ types of arthritis
Most Common:

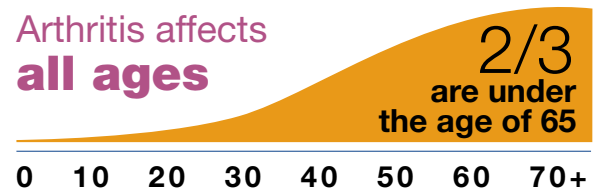
Osteoarthritis

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

Rheumatoid Arthritis

Characterized by swelling, bone erosions, and joint deformity

Who Is Affected?



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