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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



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