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# Benefits News



## Newly Diagnosed with Arthritis? What to Know

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

If you've recently been diagnosed with arthritis, this [four-part podcast series](#) from the Arthritis Foundation can help you understand your arthritis diagnosis and what to expect. Prefer to read? The full transcripts for each episode are available through the links below.

Listen now:

Episode  
1

### **Understanding the Physical Effects of Arthritis**

Arthritis mainly causes joint pain and inflammation. It can also affect other parts of your body. Symptoms can impact your skin, eyes, heart, and kidneys too. Learn about arthritis' physical effects in this 34-minute episode.

Episode  
2

### **Building Your Health Care Team**

Getting a new diagnosis of arthritis can be tough and confusing. But don't worry—help is available! Learn about putting together your health care support system in this 26-minute episode.

Episode  
**3**

### **Control the Emotional Toll**

Feelings like anger, stress, and depression can make physical pain worse. Learn more about how emotions influence pain. Gain strategies to manage and adapt to these emotions in this 30-minute episode.

Episode  
**4**

### **Words of Wisdom**

Three people living with arthritis share their personal journeys with arthritis and how they overcome challenges. Learn about their journeys in this 31-minute episode.

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The Arthritis Foundation is a nonprofit organization. It was founded in 1948 to help fight arthritis. Arthritis affects nearly 60 million adults and many children in the U.S. The foundation works to empower people by providing support, resources, and advocacy to improve health care and access to treatments. Learn more on [their website](#).

