

JIM C – HEALTH TERMS

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Founded in 1948 with headquarters in Atlanta, GA

There are 100 types of arthritis, which is the #1 cause of physical disability, affecting over 20% of all Americans and 50% over 65.

HOW DID THE TERM “*ARTHRITIS*” ORIGINATE?

***Definition (Infoplease):* Acute or chronic inflammation of a joint, often accompanied by pain and structural changes and having diverse causes, as infection, crystal deposition, or injury.**

***Online Etymology:* 1543, from Latin *arthritis*, from Greek *nosos arthritis* "disease of the joints," from *nosos* "disease" + *arthritis*, feminine of *arthrites* (adjective) "pertaining to joints."**

***History (Wikipedia):* The first known traces of human arthritis date back as far as 4500 BC. It was noted in skeletal remains of Native Americans found in Tennessee and parts of Olathe, Kansas.**

***Clarification (Encarta Online):* Arthritis affects movable joints, which cushion the bones and prevent them from rubbing against each other during movement. These joints are composed of cartilage—smooth, elastic tissue—surrounded by a casing called the joint capsule. The joint capsule is lined with a synovial membrane with fluid that further reduces friction between the bones.**

Conventional Wisdom: Arthritis = Inflamed, Stiff & Painful Joints

Moment of Zen: Exercising of the arthritic joint is encouraged