

A message from the Arthritis Foundation

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Arthritis Industry Forum

The Arthritis Foundation's 4th annual Industry Forum recently assembled in Washington DC convening 50 industry stakeholders representing 20 organizations. Thank you to the following members for their support:

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Peak Life®, the nutritional supplements company that makes Peak Life Joint™, is committed to providing natural, holistic solutions to health concerns that affect millions of Americans. Peak Life is proud to support the Arthritis Foundation's efforts to improve the quality of life for people living with joint pain.

EVERYDAY VICTORIES

UCB, Inc. and the Arthritis Foundation are proud to announce the launch of "Everyday Victories," a program designed to celebrate the individual accomplishments of people with rheumatoid arthritis. For each victory submitted by a person with RA on www.EverydayRAVictories.com, UCB will provide \$1 to the Arthritis Foundation up to \$30,000.

www.arthritis.org

your Self [NUTRITION]



Foods That Help Heal

Scraped knee? Surgical cut? Give your body the right nutrients for healing.

If you have a skin wound or surgical incision, you may want to pay more attention to what you eat. A healthy, balanced diet can help your body build new tissue and fight infection.

"Nutrition is one of the keys to wound healing, along with local wound care. You're not going to heal well unless you address both of those," says registered dietitian Nancy Collins, PhD, executive director of Nutrition411.com.

A deficiency especially of vitamin C, vitamin A, zinc and protein can impair the healing process. These nutrients are involved in tissue repair and regeneration. For example, vitamin C and protein play a role in the production of collagen, which is necessary for healing skin.

Focus on getting the nutrients you need by eating a variety of healthy foods, but consider taking a daily multivitamin if you're unable to eat a well-balanced diet.

Christine Gerbstadt, MD, a registered dietitian and physician in Frederick, Md., recommends talking with your doctor or registered dietitian before a scheduled surgery about how to get optimal nutrition to support incision healing and reduce the risk of infection.

"If [skin] still isn't healing even though you've been doing everything else your doctor advises – such as taking antibiotics and appropriately taking care of the wound – improving your diet, along with other healthy habits like getting plenty of rest and limiting alcohol, can particularly make a difference," says Dr. Gerbstadt. —JEN USCHER

FOODS to INCLUDE

To promote wound healing, choose a variety of foods that are high in the following nutrients:

PROTEIN: Eggs, Greek yogurt, lean meats, fish, tofu, beans, nuts

VITAMIN C: Citrus fruits and juices, red bell peppers, tomatoes, broccoli

VITAMIN A: Leafy greens like kale and spinach, carrots, sweet potatoes, cantaloupe

ZINC: Fortified breakfast cereal, seafood, red meat, poultry, pumpkin seeds