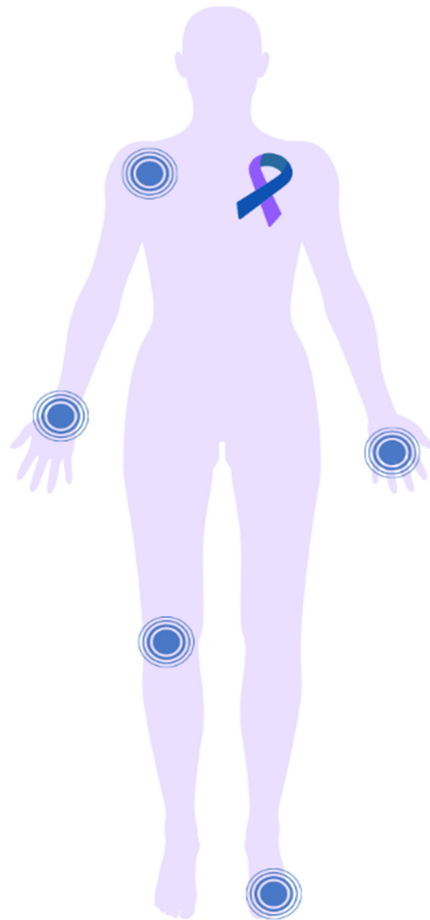




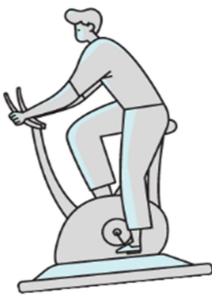
# How to prevent the arthritis?



Quit smoking



Maintaining  
healthy weight



Maintain physical activity



Detecting bone  
density to ensure its  
health