



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | IAU . AMC

مستشفى الملك فهد الجامعي
King Fahd University Hospital

World Arthritis Day

FOLLOW A HEALTHY LIFESTYLE AND GET EARLY SCREENINGS TO PREVENT AND IMPROVE .QUALITY OF LIFE

,Early detection facilitates diagnosis and treatment and reduces complications of pain and loss of mobility

Consult a doctor if you experience stiffness or persistent joint pain—don't wait for symptoms to worsen



A healthy lifestyle reduces the risk of worsening arthritis and supports mobility and daily function

Follow a balanced diet, stay active daily, and maintain a healthy weight



The risk of developing and worsening arthritis can be reduced by following preventive measures such as moderate physical activity, controlling associated diseases, and minimizing joint injuries

- ✓ Maintaining a healthy weight
- ✓ Strength and range-of-motion exercises
- ✓ Controlling diabetes and high blood pressure, if present
- ✓ Using protective gear during work and sports

Do your check-up now and start with small steps toward a healthy life



وحدة التوعية الصحية
Health Awareness Unit