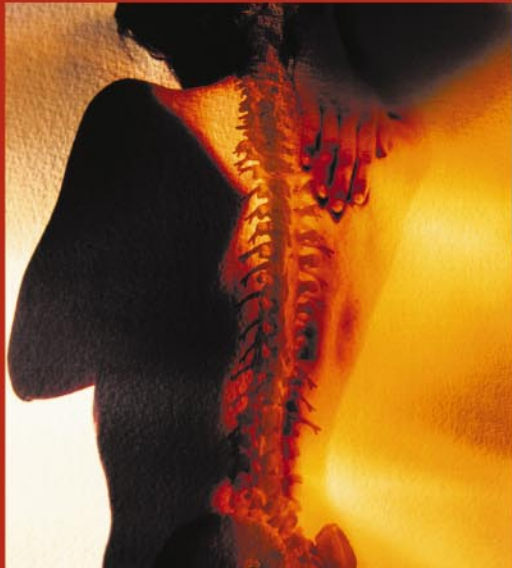


You'd bend over backwards to stop your arthritis,

if you could.



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**BlueCross BlueShield
of Texas**

Just the simple act of bending can be a painful experience if you suffer from arthritis. Arthritis generally strikes between ages 20 and 50, but can also affect very young children and people over 50.

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There are several ways to manage the pain and physical limitations of arthritis including:

- Keeping a positive attitude
- Using assistive devices
- Controlling your weight
- Maintaining good posture
- Exercising regularly
- Taking medications as recommended

There's no cure for arthritis, but you can live a more productive life. Get the latest arthritis fighting strategies by logging on to Blue Access for MembersSM.

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