



# ARTHRITIS FLARE-UPS

From time to time you may experience a flare-up. This is when the symptoms of arthritis temporarily worsen. This could include an increase in pain, swelling, stiffness and reduced mobility. You may also notice an increase in fatigue, trouble sleeping, anxiety, stress. Setbacks or flare-ups are often caused by doing too much, over doing it, and pressure from others. The good news is that these flare-ups are usually temporary. If the symptoms persist, discuss with your doctor.

## HOW TO REDUCE FLARE-UPS

- Learn about your condition
- Proactive self-management
- Use medications as prescribed



## HOW TO MANAGE A FLARE-UP

- Plan ahead and have a setback plan
- Be kind to yourself
- Prioritise your responsibilities
- Pace yourself
- Break up tasks into smaller portions
- Say "NO"
- Ask for help
- Rest/sleep/relaxation
- Hot and cold therapies
- Gentle exercise - stretching and moving
- Assistive devices

