

## Will You Help?

Join the thousands who believe a future without osteoarthritis and pain is possible. Whether you make a tax-deductible contribution, volunteer to be part of our studies or just tell others about our research, you can be part of ARIA's research mission.



## Make a Donation

- Fill out the enclosed card or go to [www.preventarthrititis.org](http://www.preventarthrititis.org) to make a tax-deductible contribution, which will be acknowledged with a letter for your records and a personal thank-you from one of our volunteers.
- Make a bequest to ARIA as part of your estate planning.
- Designate ARIA as your United Way agency of choice when you fill out your annual pledge card.

## Volunteer Your Time

- Become a study participant.
- Assist at ARIA's institute in Clearwater, Florida.
- Recruit other volunteers or donations by making presentations.

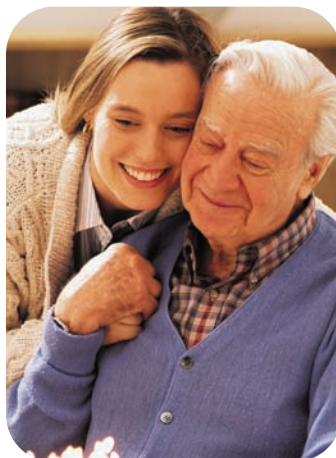
**FREE Educational Packet**

**Call 727.461.4054**

**[www.preventarthrititis.org](http://www.preventarthrititis.org)**

**[info@preventarthrititis.org](mailto:info@preventarthrititis.org)**

*Research is the key to preventing arthritis...*



*Will you help unlock the door?*



300 S. Duncan Ave., Suite 188  
Clearwater, FL 33755

Phone: 727.461.4054

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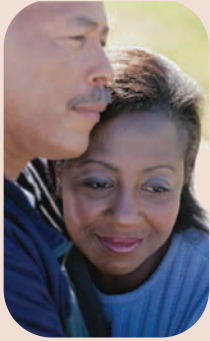
Finding the Causes and Cures of  
**Osteoarthritis**

*YOU Can Make a Difference*



*Today's Medical Research  
for Tomorrow's Cure*





## OSTEOARTHRITIS MAY NOT BE A KILLER, BUT IT CAN DENY YOUR DREAMS

Instead of enjoying a morning walk or an anniversary dance, osteoarthritis sufferers experience pain, disability

and a limited lifestyle. By 2030, 70 million Americans may suffer from osteoarthritis— unless research finds a way to prevent its onset or control its symptoms.

The **Arthritis Research Institute of America (ARIA)** has been studying osteoarthritis for two decades. More than 3700 volunteers have been participating in our osteoarthritis study. ARIA's goal? To discover why some people develop this disease and others don't.



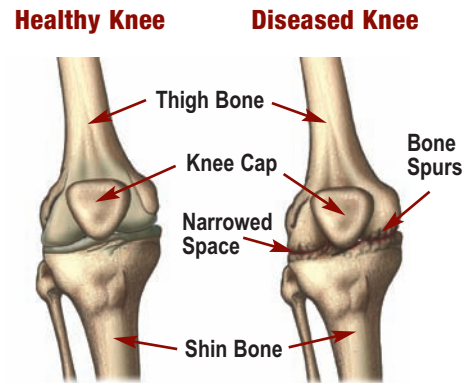
## There's so much we still don't know about osteoarthritis

While some types of arthritis have been well studied, osteoarthritis hasn't been studied as intensively.

- Is it all hereditary or do lifestyle choices make a difference?
- If your parents had osteoarthritis, are you doomed to suffer the same pain and lack of mobility?
- Can exercise and a healthy diet actually change your risk of getting osteoarthritis?

## What is osteoarthritis?

Osteoarthritis is the most common form of arthritis, affecting more than 21 million Americans. The progressive wearing away of the smooth surface of cartilage covering the ends of bones leads to pain and disability.



Commonly called the "wear and tear" form of arthritis, osteoarthritis usually begins after age 50. Overuse, lifestyle choices, excess weight and inactivity are some of the factors thought to influence joint pain.



## What is ARIA?

AARIA is a 501(c)(3) non-profit organization. Dr. Frances Vaughn Wilder is ARIA's highly noted epidemiologist. ARIA research

has been published in prestigious medical journals such as *Osteoarthritis and Cartilage*, *Rheumatology* and *The American Journal of Physical Therapy*. "Research allows us to see real possibilities for understanding and controlling osteoarthritis for future generations," says Dr. Wilder.



Founded by visionary orthopedic surgeon **John Barrett M.D.**, ARIA is dedicated to finding the cure for the next generation. "A future without osteoarthritis for our children, grandchildren and beyond is

a precious gift we can start giving them now," says Dr. Barrett.

## Volunteer Testimonial

"I make a difference by volunteering for the study. Hopefully it's going to help people in the future and give them a better quality of life."



*Bill Held*  
18 year participant



*Mary Jeanne Stanton, RN*  
20 year participant

## Volunteer Testimonial

"I'm happy to be able to give back in any way I can, because ARIA gives so much to me," said Mary Jeanne Stanton, RN, an ARIA office volunteer who also participates in the 25-year study. "ARIA's exercise program has

enabled me to maintain my independence and my active lifestyle. Someday I know we'll find a cure for osteoarthritis."