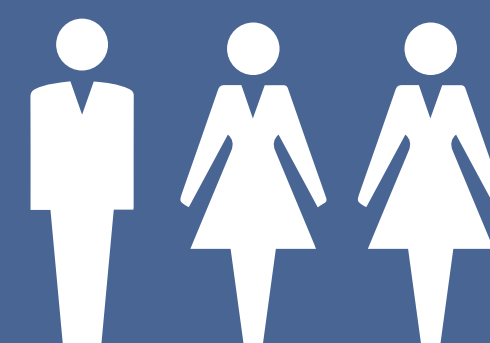




20% OF CANADIANS  
NOW LIVE WITH ARTHRITIS AND DEPRESSION



WOMEN ARE  
**TWICE**  
AS LIKELY AS MEN TO  
EXPERIENCE DEPRESSION<sup>2</sup>



TWO OUT OF THREE  
CANADIANS AFFECTED BY  
ARTHRITIS ARE  
**WOMEN**<sup>1</sup>

## COMMON SYMPTOMS OF DEPRESSION ARE



## COMMON SYMPTOMS OF ARTHRITIS ARE



JOINT PAIN, SWELLING  
AND STIFFNESS

CAN INTERFERE WITH AN  
INDIVIDUAL'S ABILITY TO  
MANAGE DAILY ACTIVITIES<sup>3</sup>

### TIPS<sup>4</sup>

EAT REGULAR MEALS  
ENOUGH FRUIT AND VEGETABLES



AND BE AWARE OF YOUR  
ALCOHOL, FAT AND SUGAR INTAKE

GET REGULAR  
PHYSICAL EXERCISE  
AS THAT IS  
EXCELLENT  
FOR PHYSICAL AND  
MENTAL HEALTH



AND MAKE SURE YOU ARE  
GETTING ENOUGH  
**SLEEP TOO!**

**SIMPLIFY  
YOUR LIFESTYLE**

IDENTIFY YOUR PRIORITIES AND  
ADJUST YOUR LIFE TO MAKE  
ROOM FOR THINGS THAT ARE  
MOST IMPORTANT FOR YOU

### ASK FOR HELP

MDSC REPORTS THAT 80% OF PEOPLE WHO ARE DEPRESSED RESPOND WELL TO TREATMENT!

VISIT THE ARTHRITIS SOCIETY'S 'ASK AN EXPERT' BLOG: [HTTP://COMMUNITY.ARTHRITIS.CA/ASKANEXPERTBLOG](http://COMMUNITY.ARTHRITIS.CA/ASKANEXPERTBLOG)

1. The Arthritis Society, 2013. Facts and Figures About Arthritis. Available online: <http://www.arthritis.ca/page.aspx?pid=6239> 2. MDSC. 2009. Quick Facts on Mental Illness & Addition in Canada. Available online: <http://goo.gl/J6k2e> 3. The Arthritis Society, 2013. Facts and Figures About Arthritis. Available online: <http://www.arthritis.ca/page.aspx?pid=6239> 4. MDSC. 2013. Maintaining Work-Life Balance. Available online: <http://www.mooddisorderscanada.ca/page/no-7-maintaining-work-life-balance>