



20% OF CANADIANS
NOW LIVE WITH ARTHRITIS AND DEPRESSION

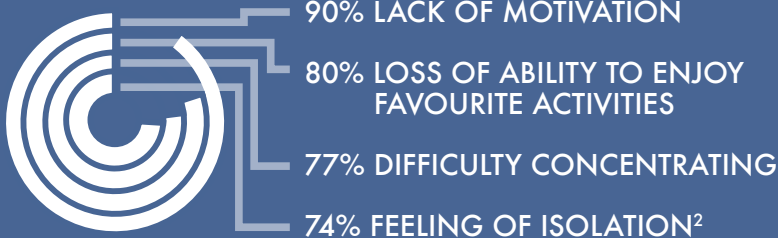


WOMEN ARE
TWICE
AS LIKELY AS MEN TO
EXPERIENCE DEPRESSION²



TWO OUT OF THREE
CANADIANS AFFECTED BY
ARTHRITIS ARE
WOMEN¹

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 ACTIVITIES³

TIPS⁴

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 & Addiction 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>