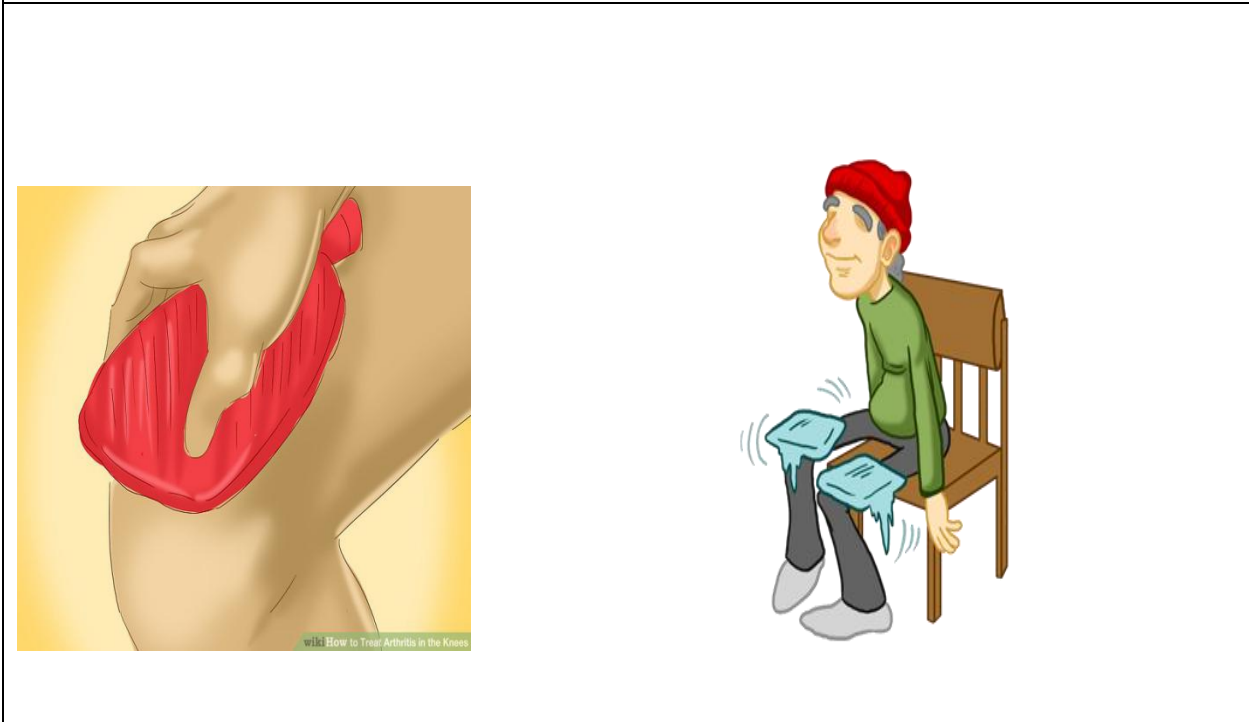


# Junk Food V's Healthy Food







## **What you can do to manage your osteoarthritis:**

Maintain a healthy Weight

Stay active - don't be a couch potato

Eat healthy food not junk food

Use devices to help you such as canes or walkers

Take medicine if needed

Use hot or cold therapy

If necessary ask your doctor about surgery