

More Arthritis Patients Suffering from Disability in the United States

Portland, OR -- (ReleaseWire) -- 01/02/2015 -- Arthritis is a disease that affects millions of people around the globe, including the United States. Aside from the pain that patients experience, they are also suffering from other undesirable consequences of having the condition.

According to the Centers for Disease Control and Prevention, more arthritis patients in the United States are suffering from disability than ever before. These physical limitations caused by the disease often hinder sufferers from doing their daily routines, enjoying life, and working.

"Since there are millions of Americans who have doctor-diagnosed arthritis, it can be expected that a huge number of people are already suffering from unreported disability," said VitaBreeze Supplements spokesperson, Michelle O'Sullivan.

Studies showed that those who are suffering from arthritis-related disability normally find it difficult or even impossible to do things that other people can easily do, such as climbing stairs or walking in the park. Further research even showed that 1 out of 10 people in the United States are experiencing trouble in walking short distances. Moreover, it was found that there are 7.8 million adults today who are having difficulties in kneeling or bending.

"The physical limitations experienced by sufferers are believed to be caused by the joint symptoms. These symptoms include pain, swelling and stiffness," added O'Sullivan.

Health experts and scientists from around the world are continually looking for the best treatment for arthritis. As of the moment, they recommend that those who are not yet suffering from arthritis or disability should practice preventive measures to fight the condition.

Maintaining a healthy weight, eating nutritious food items and regularly engaging in physical activities are among the measures recommended by experts. Some renowned health experts also recommend the use of natural alternatives such as curcumin supplements.

Many arthritis sufferers are using curcumin supplements to achieve pain relief. There are also those who believe that the supplements can help them regain their joint health or protect them from arthritis. The most popular curcumin supplements are those that have BioPerine in them. BioPerine is a black pepper extract that increases curcumin absorption in the body, and thus improve its efficacy in delivering therapeutic benefits

<http://www.amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI/?ie=UTF8&m=A3OG9DHZ3GI580&keywords=turmeric>