

## MAY is ARTHRITIS month

Help spread the word all month long  
that **arthritis is serious.**

My name is Amy Barron (Margot Barron's mother) and I would like to ask *It's Working Out* to help fundraise for *Amy's Team* with the *Cincinnati Walk to Cure Arthritis*.

I am one of the 50 Million people (one in five) and 300,000 children in the United States who suffers with physician diagnosed arthritis. More people are affected by arthritis than diabetes and cancer combined. In addition, it is the leading cause of disability in the United States and costs our economy more than \$128 Billion annually.

I was diagnosed in 1995 with Rheumatoid Arthritis and Fibromyalgia. I also have 5 other types of arthritis (there are 100 types of arthritis and related diseases). I first started having problems when I was a young mom with a toddler and a newborn. My daughter would wake up to eat and I would lie in bed crying because I had such excruciating pain when I would get up and put my feet on the floor. Not only that, my entire day was spent in pain. Walking, lifting, sitting, standing; everything I did hurt.

This not only created problems at home, but at work as well. I was a nurse working in a Newborn Nursery and Newborn Intensive Care. I loved my job. It was rewarding working with newborns. Unfortunately, my career was cut short when I ruptured a tendon in my wrist because of my arthritis. I have lost a lot of the range of motion in my wrist and I cannot safely lift a newborn. I've had multiple surgeries on not only on both wrists, but my knee, foot, ankle and shoulder as well.

My arthritis has not only affected my career, but my home life as well. I wasn't able to go outside and play with my children as much as other parents. If I did, it caused me a lot of pain. I have trouble with some of the household chores. I can't kneel to say a prayer. Not being able to work has placed a financial strain on the family.

For many years I felt "sorry" for myself. One year I found the Arthritis Walk (now the *Walk to Cure Arthritis*). I went to the event, raised money for a great cause and picked myself up. I decided I was not going to let arthritis beat me, but instead, I was going to beat arthritis. I have become an Advocate and I serve on a Regional Policy, Procedure and Advocacy Committee. I also serve on the *Walk to Cure Arthritis* Committee but locally and Nationally. You can read more about my at:

<http://arthritiswalkgreatercincinnati.kintera.org/ambarro>

Movement is the best medicine for arthritis. Physical activity not only helps reduce stiffness and pain, but helps maintain joint movement. Regular exercise also helps maintain muscle mass which helps support the joints. *It's Working Out* is already promoting good health habits in encouraging physical activity and muscle strengthening.

I want to help find a cure for arthritis and you can help too. Please help support my team. By helping others today, you might be helping yourself tomorrow.