

## Advice on Juvenile Arthritis from the Experts

2012 Juvenile Arthritis Conference | July 19-22 in St. Louis, MO

Name: Emily Bolt Age: 15 State: Kentucky

Dealing with Arthritis

Title

Arthritis

I've had Arthritis now for about a year and here are some things I've learned.  
When you have shots that make you feel sick usually a cold drink and nausea medicine help.  
Also if you are feeling down or really tired it helps to watch a movie with family and  
friends or cuddling with a pet.