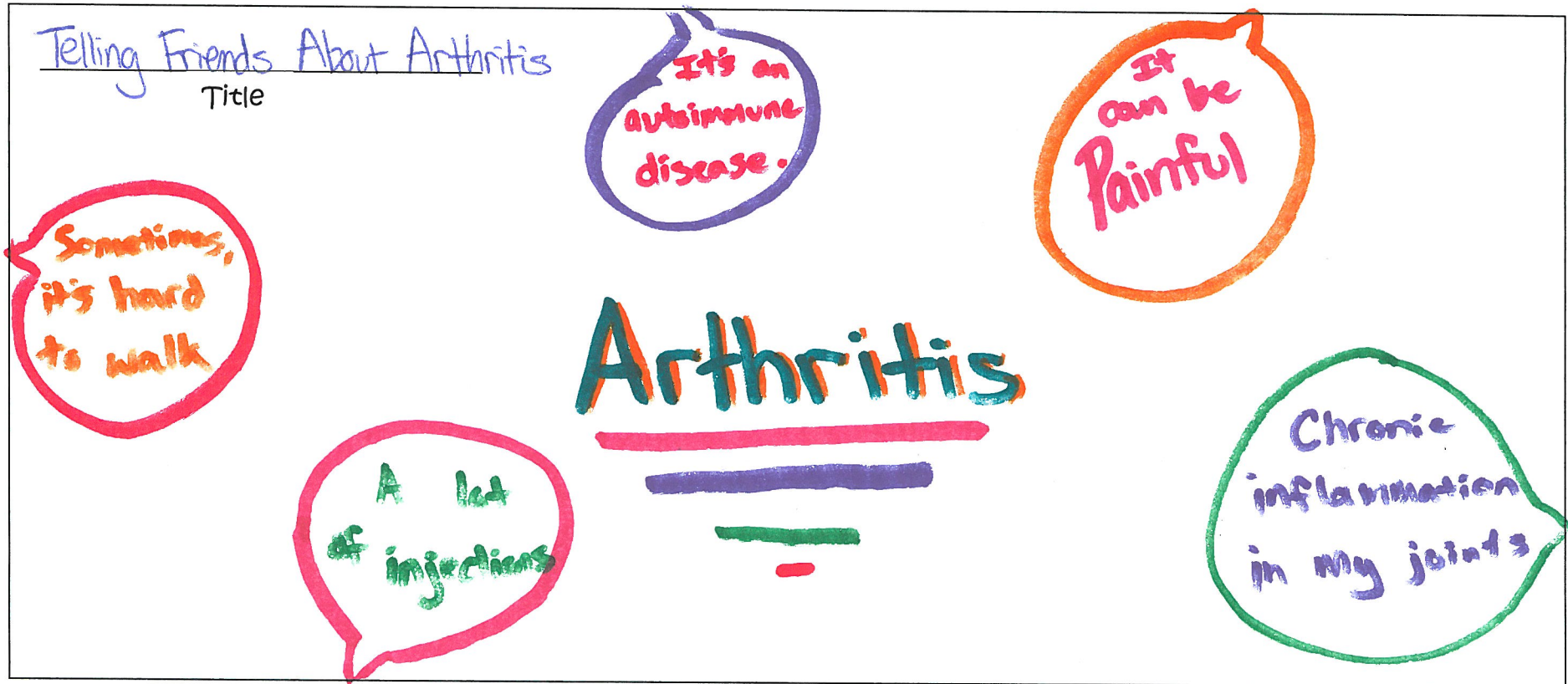


Advice on Juvenile Arthritis from the Experts

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

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It can be hard to tell people, especially friends, about arthritis. I have found that the best way to do it is to be specific. Instead of saying, "I have arthritis", try saying, "I have polyarticular juvenile rheumatoid arthritis" or "I have psoriatic arthritis" or whatever type you have. This prevents a connection with osteoarthritis, and minimizes the number of people saying "I thought only old people get that" or something of the sort. It can also be helpful to share only bits of information at a time so that your friends are not overwhelmed.