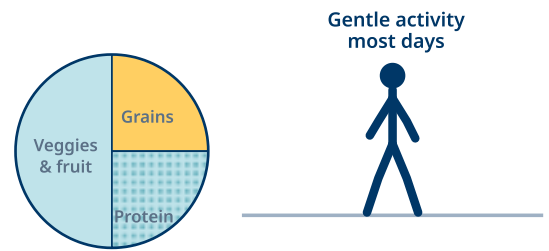


Lifestyle & Diet for Rheumatic Disease

What it is

Daily habits can affect how you feel with arthritis or an autoimmune disease. Regular exercise, good sleep, a healthy diet and not smoking may help. These steps work alongside your medicines.



Simple, healthy plate

Who it may help

- Anyone living with arthritis or an autoimmune disease

Self-care tips

- Change one habit at a time.
- Ask before starting supplements; some affect your medicines.
- Do not smoke. Ask us for help quitting.
- Keep regular sleep hours.

What to expect

Getting started: Your rheumatologist explains how this fits your care plan.

What you do: Aim for gentle activity most days. Eat plenty of vegetables, fruit, whole grains, beans and fish. Keep regular sleep hours.

Follow-up: We check your progress at each visit and adjust your plan.

When to call us

- Pain or swelling that is much worse after activity
- A flare that does not settle
- New symptoms that worry you

Call 911 for chest pain, trouble breathing, or signs of a stroke.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/rheumatology/treatments/lifestyle-diet/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.