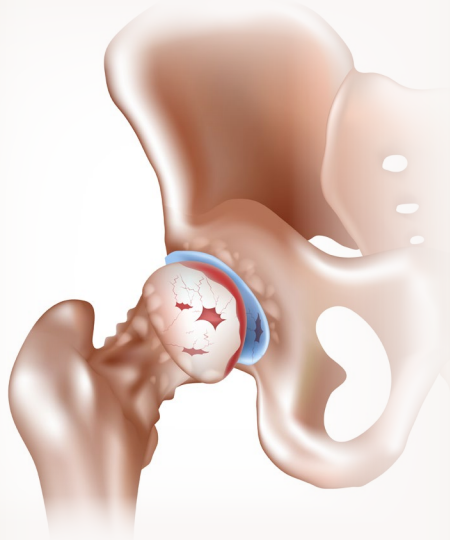
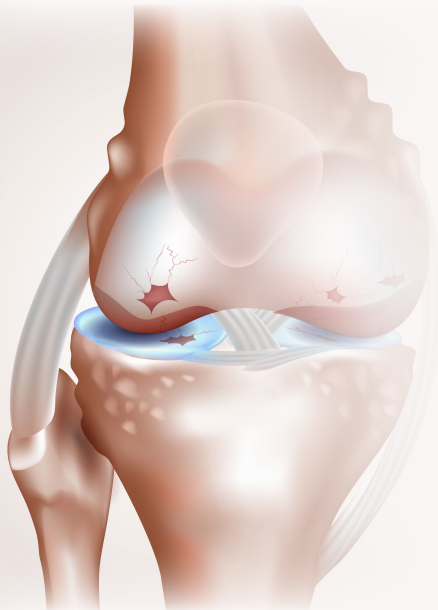


Osteoarthritis is the most common form of arthritis. It occurs when cartilage, the soft tissue that allows joint movement, wears down.



HIP JOINT OSTEOARTHRITIS



KNEE JOINT OSTEOARTHRITIS



High Desert Medical Group
43839 N. 15th St. W.
Lancaster, CA 93534
661.945.5984

Heritage Health Care
38209 47th St. E., Suite C.,
Palmdale, CA 93552
661.951.3100

Urgent Care
6am -8pm, daily
43839 N. 15th St. W.
Lancaster, CA 93534
661.949.3512

Health Education
43791 N. 15th St. W.
Lancaster, CA 93534
661.951.3375

Wellness & Enrichment Center
43779 N. 15th St. W.
Lancaster, CA 93534
661.951.3050

High Desert Medical Group
& Heritage Health Care's
*Osteoarthritis
Program*

TAKE CONTROL
by learning to manage
your arthritis.



661.951.3375



We can help you with Osteoarthritis (OA)

Osteoarthritis has no cure. However, we can help you move better and manage your pain.

Participate in:

- *Living Well with Arthritis Workshop*
- *Exercise For Arthritis*
- *Pharmacy Management*

Living Well with Arthritis: an interactive program designed to help you learn how to manage arthritis.

- *types of Arthritis*
- *treatment options*
- *pain management techniques*
- *nutrition for arthritis*
- *tips for daily living*
- *lifestyle changes*

** No referral needed.*

Exercise for Arthritis:

HDMG offers the *Arthritis Foundation Exercise Program*, or AFEP. This class is for anyone with arthritis or related conditions. The calm, joint-safe exercises help to ease pain and stiffness. Attending for four months or more has shown to help decrease pain by up to 24%. Ask us how you can participate.



How Pharmacy Management works:

When you sign up for this program, a pharmacist will contact you to review your medications.

- Your pharmacist will make sure that you are on the right medication and dosage for you.
- Your medication therapy will be monitored to help control inflammation, pain, and prevent further damage.
- Your pharmacist and doctor will be available to answer your questions.

** A referral is required.*



Let us help you reduce your level of pain.

661.951.3375

HDMG - Health Education

43791 N. 15th St. W.
Lancaster, CA 93534

