

‘Natural’ relief for arthritis: *does it work?*

The painful symptoms of arthritis affect 50 million adults and 300,000 children. If arthritis symptoms interfere with your daily life, talk with your doctor about ways to manage your symptoms. A variety of options may be available to help you, including prescriptions, over-the-counter pain relievers, and natural supplements.

Though many vitamins, herbs, and other supplements claim to help arthritis, they may not be right for you. “Natural” does not always mean safe or effective. Fortunately, the following supplements have shown promise in clinical studies.

For relief of pain and inflammation in osteoarthritis:

- Capsaicin (active part of chili peppers)
- Boswellia serrata (Indian frankincense)
- SAM-e (S-adenosylmethionine)
- Turmeric/curcumin (*Curcuma longa*)
- Avocado-soybean unsaponifiables (ASU)
- Fish oil (omega-3 fatty acids)
- Ginger



Relief of inflammation in rheumatoid arthritis:

- Cat's claw (*Uncaria tomentosa*)
- Fish oil (omega-3 fatty acids)
- Gamma linolenic acid (GLA, omega-6 fatty acids)
- Ginger

If you decide to try a natural supplement, be sure to let your doctor know. Some supplements can have bad interactions with other medicines, or may not be safe for people with certain health conditions. If your doctor has a clear picture of everything you take, he or she can help you avoid potential problems.

Source: Arthritis Foundation