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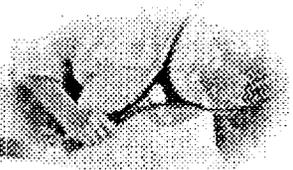
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Relief that lasts up to 8 hours for Common Arthritis Pain



You are not alone. Osteoarthritis affects approximately 21 million Americans and is one of the most common diseases. Caused by the gradual breakdown of joint tissue, osteoarthritis leads to joint pain and stiffness in the hips, knees, feet, and spine. The good news is that your pain can be managed, in most cases.

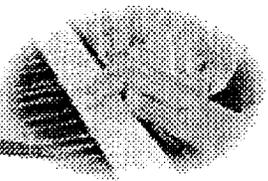
Do You Suffer from Arthritis?
Try our 5-Minute Joint Pain Barometer



Understand how arthritis may be affecting you. [Click here](#)

The medicine in Tylenol Arthritis Extended Relief is the pain reliever most recommended by doctors for osteoarthritis. Without the gastric irritation often associated with aspirin and even ibuprofen, acetaminophen is both safe and effective--the first line treatment for the pain associated with common arthritis.

Learning about arthritis is the first step to managing it.



Take charge of your arthritis by taking an online class presented by the [Learning Center](#).



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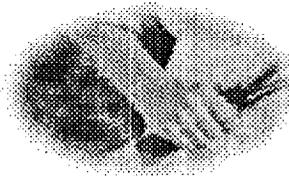
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Whether you're bike riding, fixing up your house, hiking through back country, or throwing a party for fifty nifty friends, you're busy seven days a week. And you're not going to let a common condition like arthritis slow you down.

Most everyone feels some twinges in their hinges after age 40. About 21 million Americans have osteoarthritis, the most common form.

Early detection increases chances of managing osteoarthritis, so it's a good idea to find out whether you've got it or are just feeling normal stiffness. Take the following quiz to learn if the aches and pains that you're starting to feel may be osteoarthritis. You'll discover what you can do now to improve things so that you can carry on in fine form and continue doing what you love.

The good news is that you can manage this condition through lifestyle changes, and you can find relief that lasts up to eight hours.

Take your barometer reading

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The logo for Tylenol, featuring the word "TYLENOL" in a bold, sans-serif font with a registered trademark symbol. Below it, in a smaller font, is the text "ACETAMINOPHEN". The logo is set against a dark, textured background that tapers to the right.

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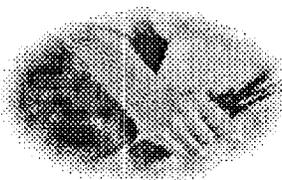
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Question 8 of 8

Which over-the-counter remedy relieves your joint pain and helps manage osteoarthritis with the minimum of side effects?

- A non-narcotic analgesic that contains acetaminophen, the medicine contained in TYLENOL ARTHRITIS.
- Aspirin or another non-steroidal anti-inflammatory drug, or NSAID, such as Ibuprofen.
- I never feel enough joint pain to warrant taking a pill.

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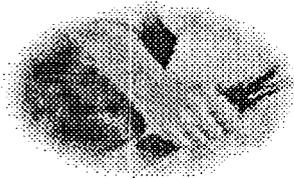
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Question 8 of 8

Which over-the-counter remedy relieves your joint pain and helps manage osteoarthritis with the minimum of side effects?

You answered:

1. (30 points) A non-narcotic analgesic that contains acetaminophen, the medicine contained in TYLENOL ARTHRITIS.
2. (10 points) Aspirin or another non-steroidal anti-inflammatory drug, or NSAID, such as Ibuprofen.
3. (2 points) I never feel enough joint pain to warrant taking a pill.

Acetaminophen, the medicine in TYLENOL ARTHRITIS, is recommended by arthritis experts as the preferred therapy for the management of mild to moderate osteoarthritis of the hip and knee. Besides offering effective pain relief, regular acetaminophen use rarely causes the stomach upset, ulcers and other stomach complications often associated with taking aspirin or even ibuprofen.

Here's your score

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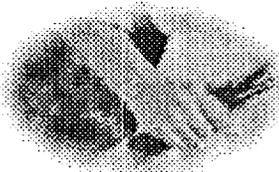
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You scored **112** out of a possible **270** points.

If you scored between 110 and 174, there is a chance that you may have osteoarthritis. You deserve the best of health: Be proactive and have a physician check your condition as soon as possible. You may also check out the [ThirdAge Guide to Arthritis](#).

Here's what the other scores mean:

Between 58 and 109:

If you scored between 58 and 109, chances are you don't have osteoarthritis. Be sure to see a doctor as soon as possible if joint pain and/or stiffness develop anywhere in your body.

Between 110 and 174:

If you scored between 110 and 174, there is a chance that you may have osteoarthritis. You deserve the best of health: Be proactive and have a physician check your condition as soon as possible. You may also check out the [ThirdAge Guide to Arthritis](#).

Between 175 and 270:

If you scored between 175 and 270, there's a considerable possibility that you may have arthritis. Early diagnosis is the best strategy for optimum health; see a doctor at your earliest convenience. You can also take ThirdAge's [Living Well with Arthritis](#) class in the Learning Center.

Go to [Tylenol Arthritis on ThirdAge](#).

Go the [Arthritis Expert Q&A](#).

For more information about managing arthritis, contact the Arthritis Foundation on the Web at www.arthritis.org. Or call them at (800) 207-8633.

Sources

[Arthritis 101: Questions You Have, Answers You Need](#)
by the Arthritis Foundation
Arthritis Foundation, 1997



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Enjoy relief from your joint pain and joint stiffness. The medicine in Tylenol Arthritis is the number one recommended pain medication by doctors. Tylenol Arthritis uses a unique, patented, bi-layer caplet. The first layer dissolves quickly to provide prompt relief, while the second layer is time-released to provide up to eight hours of relief.

Make Tylenol Arthritis a part of your daily pain management regimen. When coupled with regular exercise, weight loss (if indicated), and physical therapy, Tylenol Arthritis delivers treatment--for up to eight hours--for the pain associated with osteoarthritis, without the troublesome side effects of aspirin and even ibuprofen.

Simply answer our five brief survey questions, fill out the order form, and we'll send you your free Tylenol Arthritis sample. Available to U.S. addresses only.

Offer good while supplies last!

Are you male or female? M F

Do you suffer from joint pain or stiffness? Yes No

Have you been diagnosed as having osteoarthritis, which is often referred to as common arthritis? Yes No

Are you currently taking a prescription pain reliever for your joint pain or stiffness? Yes No

Are you currently using Tylenol Arthritis Extended Relief or Extra Strength Tylenol for you joint pain or stiffness? Yes No

Ordering Information:

Title:* Mr. Mrs. Ms. Miss Dr.

First Name:* Middle Initial:

Last Name:*

Address:* Apt.#

City:* State:*

Zip:* Country:*

Phone

Email:*

*** Required**

Please do not provide this information if you are under 15 years of age.

Please allow 4-8 weeks for delivery. Limit one Tylenol Arthritis Extended Relief sample per household.

I would like to receive additional information or special offers on Tylenol Arthritis. Yes No

I would like to receive additional information or special offers on other McNeil Consumer Healthcare or Johnson & Johnson products or services. Yes No

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Arthritis Answers from the Experts

What's the latest on pain treatments for arthritis? Is it true that what you eat can cause a flare-up? Are you too young to have aching joints? Here's your chance to get authoritative answers to your questions about osteoarthritis, from experts in the field.

To submit a question, click on the link below. Each expert answers a new question every week, so drop in regularly to see answers.

Get your own question answered.
[Click here.](#)

Current ThirdAger Questions

Dharma Singh Khalsa, M.D. answers:
♦ [Are there any anti-inflammatory products I could use that have fewer side effects?](#)

Deborah S. Litman, M.D. answers:
♦ [Is morning stiffness and pain in my fingers the beginning of osteoarthritis?](#)

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No, it has no impact on my daily activities.

Yes, it somewhat hinders my daily activities.

Yes, it severely restricts my movement and activities.

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Our Experts

Frames That Flatter



Glasses can look great! Find a frame that fits your face.

Dharma Singh Khalsa, M.D.
ThirdAge Pain Management Expert

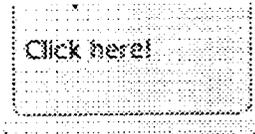
Are There Any Anti-Inflammatories with Fewer Side-Effects?

Question: I am 57, and have taken anti-inflammatory drugs consistently for almost eight years. I suffered a knee injury in 1993 and a car accident affecting my neck, shoulders, and spine in 1995. I have also had a number of falls affecting both knees. I took ibuprofen for a few years and I am now taking Naprosyn. I am very concerned about these medications and their effect on the internal organs. I have heard that there is a new, less invasive anti-inflammatory on the market. What is the name of this medication, and are there any side effects? Could I switch to it without any problems?

Answer: Your question is very important. However, let me suggest that, rather than jumping on the medication bandwagon, you consider looking at your total lifestyle.

First, know that foods you eat can make pain conditions worse. For example, high-fat foods such as red meat cause increased inflammation and toxicity in the joints through the production of free radicals. Furthermore, these high-fat foods slow you down while at the same time supplying a false sense of energy. This makes it harder to exercise, and I believe that exercise is critical in dealing with chronic pain. Even if you have a lot of pain, you can perform graded exercise: Do what you can do without causing pain to yourself and then increase your exertion level as your stamina improves.

Moreover, remember there are certain natural anti-inflammatory agents that can provide relief. These include turmeric, ginger, boswellia, omega-3 fatty acids from such sources as flaxseed oil or fish oil, and digestive enzymes. Health food stores sell products that contain these natural ingredients. Make sure you



try them before you try another anti-inflammatory medication. Also note that regularly eliciting the relaxation response through meditation, yoga, prayer, or any other kind of inward journey has been shown to decrease pain.

Finally, to answer the question you asked me directly, I'm not sure what medication you are referring to. It could be Celebrex (r), which is part of the new class of anti-inflammatory agents. As you will have to get a prescription from your doctor before taking this drug, make sure you discuss all the side effects with him or her. But to reiterate, please try a holistic approach to your pain problems, such as found in my book The Pain Cure (Warner Books, 1999), before committing yourself to only using medicine.

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Deborah S. Litman, M.D.
Georgetown University
Consultant, Tylenol Arthritis

Is Morning Stiffness and Pain in My Fingers the Beginning of Osteoarthritis?

Question: I am a 40-year-old woman. In the last few months I have experienced stiffness and pain in the joints of my fingers. It started with only one finger and has progressed over a couple of months to most of my fingers. The stiffness and pain is most prominent in the morning, but lasts all day now. Is this the beginning of osteoarthritis, and what can I do to slow the progression? Should I see my physician? It's frightening to think about this at my age!

Answer: Your symptoms sound like osteoarthritis, the most common form of arthritis. It affects many people your age (40) and is more common in women. There is nothing proven so far to actually slow the progression of osteoarthritis. The pain of osteoarthritis is best treated with acetaminophen, such as Tylenol. Sometimes other medications are used as well, if there is significant inflammation present. Definitely see your doctor, both for diagnosis and possible treatments. You should also be doing exercises to strengthen the muscles around affected joints, to relieve pain, and to retain the function of your joints.

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No, it has no impact on my daily activities.

Yes, it somewhat hinders my daily activities.

Yes, it severely restricts my movement and activities.

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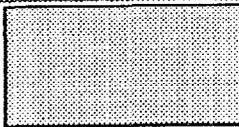
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Deborah S. Litman, M.D.: biography

Deborah S. Litman, M.D., is an assistant clinical professor in the Department of Rheumatology at Georgetown University School of Medicine. She also has a private Rheumatology practice in Bethesda, Maryland.

Dr. Litman is a fellow of the American College of Rheumatology and was a member of a delegation of rheumatologists sent to China for scientific exchange in 1987. She serves as co-chairman of the Lupus Foundation of Metropolitan Washington, D.C. One of her special areas of interest is the doctor-patient relationship, and she has lectured extensively on the subject.

A National Merit Scholar, Dr. Litman received her B.S. in Zoology and Psychology from Duke University and her M.D. from the Medical College of Virginia. She completed her residency in internal medicine at Temple University Hospital and a fellowship in Rheumatology at UCLA School of Medicine.

Dr. Litman has served as a consultant to McNeil Consumer Healthcare and SmithKline Beecham Consumer Healthcare, L.P. McNeil Consumer Healthcare is a sponsor of this site.

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