

Your Community Your Health

This paper comes with a video. The videos are in Arrernte, Pintipi, Pitjantjatjara and Walpiri and English. You can see the video at your clinic. You can also use your phone to download the video.

Go to www.dragonclaw.net/videos



GOOD

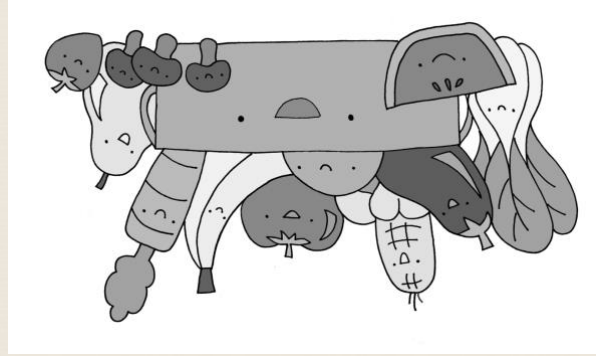


You have arthritis, rheumatoid arthritis or lupus. Take your tablets every day, every week until finished. Go to the clinic and get some more.





Rheumatoid Arthritis (RA) and Lupus are a really big disease that can affect any part of the body. They can cause sore places and hot places that often leads to pain, fatigue, fever, stiffness, or a feeling of being ill. The sickness attacks the joints, the muscles, causing them to become painful, swollen, or weak, and leading to big problems. Hunting is difficult, dancing is really hard and walking becomes slow. You must eat vegetables and fruit to help your body. Gentle stretching and walking everyday is really important.



Rheumatoid arthritis hurts. It hurts sitting with friends, it hurts walking and it can hurt just resting. This is not good. Help your community by taking your tablets. Not just once or twice but **everyday** or as the doctor said. You want to be good again? Take these tablets everyday even when you feel better. If you don't you will start to hurt again. Make yourself stronger by eating fruit and vegetables.



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