

# Arthritis Today

Updates & Tips to Live Your Best Life



Join our new bike tour, spice things up with chipotle black bean soup, start a personalized exercise routine and read an inspiring story.

## Head for the Hills

Join our first cycling adventure in the heart of the Carolina foothills to benefit people with arthritis.

[Save Your Spot →](#)

## Say YES to Exercise

Movement is the best medicine. Personalize a joint-friendly plan designed by experts.

[Get a Move On →](#)

## Better Safe Than Sorry

Protect your medications from heat and cold. Keep them safe and effective with these smart storage tips.

[Get Tips Here →](#)



## Chipotle Black Bean Soup

Satisfy your hunger with a hot bowl of hearty soup packed with arthritis-friendly fiber, protein and calcium.

[Get the Recipe →](#)

## How Cycling Keeps Carlos Going

Carlos Câmara was diagnosed with osteoarthritis as a young, professional athlete. See how cycling helped him switch gears.

[Read His Story →](#)

## Clinical Trial Enrolling People With RA

Do you have rheumatoid arthritis (RA) that hasn't responded well to existing medications, such as Humira, Xeljanz, Rituxan, Enbrel, etc.? If so, you may be able to participate in a clinical trial for an investigational cell therapy, Regulate-RA, sponsored by Sonoma Biotherapeutics. The Regulate-RA trial is enrolling people aged 18 to 70 with moderate to severe adult-onset RA who have previously tried at least three approved medications. All clinical trials involve some risk, which you should discuss with your doctor and the research team.

[See if You Qualify →](#)

*The Arthritis Foundation is committed to ensuring patients are involved in the developments that affect their health and quality of life, including research. This notice does not imply or represent an endorsement of this study.*



## Designed for You

### Better Fit Bedding

Features a fitted flat sheet that reduces lifting and tucking.

[Check It Out →](#)



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.

Since 1948, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children living with the disease in the U.S. This content is made possible through the [generous support](#) of donors like you.