

BEST OF 2024



During this wonderful season of caring and giving, we want to revisit some of the resources that have helped the arthritis community the most this year. Check out the best of 2024, made possible in part by gifts from donors like you.

Webinar

Fighting Brain Fog & Fatigue On Demand

This top webinar explores the link between arthritis and mind-body exhaustion — and offers expert solutions to re-energize your life.

[Watch Webinar →](#)

Podcast

Traveling Well With Arthritis On Demand

“American Ninja Warrior” co-host Matt Iseman and Pete Scalia of “PSNeverGiveUp” share their fave tips for traveling with less arthritis pain and stress.

[Listen Now →](#)



Recipe

Low-Sodium Chicken Stir-fry

This quick, low-sodium chicken stir-fry provides a delicious, healthy break from heavy holiday foods. And it's filled with anti-inflammatory spices.

[Get the Recipe →](#)

E-book

45 Ways to Tame Your Pain

Moving more, soothing stress and prioritizing self-care are just the beginning in this popular e-book. Get quick fixes and long-term strategies.

[Download Now →](#)

In the News

Best Possible Outcome

When insurance switched Leeza's child from a medication that worked to an unknown biosimilar drug, it was scary.

[See Their Story →](#)

2024 Holiday Match Challenge

You Can Make **2X** the Impact

All gifts matched up to \$200,000

[Match My Gift](#)

Research

Groundbreaking OA Trial Begins

There's no cure yet for osteoarthritis. That's why the Arthritis Foundation-funded PIKASO trial is studying a drug that may help slow or prevent OA.

[Read About It →](#)

Advocacy

Major Win for the Military

Until 2024, arthritis received zero U.S. Department of Defense research funds. We helped change that for active and veteran service members.

[How It Helps You →](#)



Designed for You

Urban Poling Activator®

Poles

They help you stay balanced and reduce strain on your back and joints when walking.

[Check It Out →](#)



[Ease of Use Certified®](#) products and packaging are tested and proven easy to use for people with arthritis.

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.