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Arthritis Today newsletter: RE: Can you inherit arthritis?

 Anthony Williams <awilliams@arthritis.org>
 To  Dennis Barrett
 Cc  Anthony Williams
 You replied to this message on 7/19/2022 4:39 PM.

Reply Reply All Forward

Tue 7/19/2022 4:28 P

What causes arthritis?

Are Genetics to Blame?

Understanding what causes arthritis has been a key question for researchers. Scientists have determined certain genes are associated with some forms of autoimmune arthritis, and they also believe other factors could be triggers. Find out what research shows about this genetic link to certain types of arthritis.

[Find Out if You Have It](#)

Women with rheumatoid arthritis who did **water-based exercises** 3 times a week for 16 weeks saw significant improvements in disease activity, pain and functional capacity compared to those who did land-based exercises.

Source: 2016 HyRA study published in American Journal of Physical Medicine and Rehabilitation



4 Steps to Cool Down and Limber Up

Remember what it was like to walk without aches? Get that sensation again by taking your workout to the water. Hit the pool this summer with these expert tips.

[Get Pain Relief in the Pool](#)