

Farming with Arthritis

Arthritis is the leading cause of disability in the United States, affecting 50 million adults and 300,000 children. Arthritis refers to over 100 rheumatic diseases. Some of the most common rheumatic diseases include: osteoarthritis, rheumatoid arthritis, bursitis, and tendonitis.

The breakdown of cartilage is associated with osteoarthritis. Osteoarthritis can be caused by the frequent lifting of heavy objects and the repeated use of vibrating machinery or the bending that farmers do on a daily basis. Of the many forms, Osteoarthritis affects 27 million adults.

Agriculture is a very demanding occupation, often requiring work above and beyond their body's physical capabilities, which puts farmers, ranchers, and employees at danger for joint injury, stress and strain. An estimated 1/3 of all adult farmers in the US have some form of arthritis. By partnering with The National AgrAbility Project, the Arthritis Foundation is gaining ground on arthritis, and helping to make agriculture and rural America more accessible.

On September 24 at 12 noon, there will be a webinar about arthritis and agriculture offered by the Purdue Women in Agriculture Team. This program will feature Amber D. Wolfe, M.S. She joined the National AgrAbility project team in 2009 as the AgrAbility project coordinator for the Arthritis Foundation. Her work on the arthritis and agriculture project covers both state and national levels and is focused on rural audiences of all ages and experiences. During the webinar, Amber will identify activities on the farm that may escalate the severity of arthritis, discuss methods of prevention and control (including pain management), and provide information on farm modification, assistive technology, and tools while discussing the effects of arthritis on rural youth, livestock production, and gardening.

Please register for the webinar on September 24 at 12 noon by going to <https://goo.gl/R8Eq1I> Once you register, you will receive a confirmation email with the link to participate in the webinar. You will also receive a reminder 24 hours before the webinar is set to start.

Please go ahead and register for the program even if you cannot make the scheduled time. All registered participants will receive a link to the recorded program. However, we recommend that you try to participate in the live recording because that will provide you with a time to ask questions and interact with the speaker.

Visit our homepage at www.extension.purdue.edu/putnam or you can contact the local Purdue Extension Office by calling 765.653.8411 for more information regarding this week's column topic or to RSVP for upcoming events. It is always best to call first to assure items are ready when you arrive and to RSVP for programs. While many publications are free, some do have a

fee. Purdue University is an equal access/equal opportunity institution. All times listed are Eastern Time.

Upcoming Events:

September 15- All In: Building Positive Communities Forum 1, 6 PM, Putnam County Fairgrounds

September 21-26- Poverty Awareness Week

September 22- All In: Building Positive Communities Forum 2: Film Screening, 6PM, Greencastle High School Auditorium

September 24 – Arthritis & Agriculture Webinar, 12 Noon, Please call for registration information

September 24 – Master Gardener Roundtable, 6 PM, Wabash Valley Fairgrounds

September 24 – IEHA Achievement Night, 7 PM, Putnam County Fairgrounds

September 24 – Putnam County Extension Board Meeting

October 6 – Putnam County Master Gardener Association Education Program & Meeting