FOR IMMEDIATE RELEASE

“Burke Rehabilitation Hospital to Host Its First World Arthritis Day Educational Event”

WHITE PLAINS, NY – Sept. 19, 2013 – It’s hard to imagine living with constant pain in your knees, knuckles or wrist, but for nearly one in five adults in the U.S., arthritic joint pain is part of their daily lives. By 2030, the Centers for Disease Control and Prevention estimates that 67 million American adults will be diagnosed with some form of this debilitating condition.

Arthritis is a joint disorder where the cartilage between two joints is diminished or non-existent, causing the joints to rub against each other. This causes inflammation, pain, decreased mobility and, depending on the amount of cartilage lost, further degeneration of tissue.

To help bring awareness about arthritis and how to help prevent or manage it, Burke Rehabilitation Hospital will be hosting a day of educational presentations on various aspects of arthritis in recognition of World Arthritis Day. Dr. Mascarenhas, director of Burke’s Arthritis Center, will talk about the multiple types of arthritis, courses of treatment, long-term arthritis management, pain and range of mobility. There also will be presentations on exercising with arthritis, Yoga, massage and relaxation techniques, and fall prevention. This event will be held from 10:30 a.m. to 3 p.m. on Oct. 10, in Burke’s Patient Dining Room on the main campus at 785 Mamaroneck Ave., in White Plains. Patients, caregivers and family members are welcome.

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“Arthritis is one of the nation’s leading causes for disability, and can affect anyone,” explained Chris Dal Ceredo, PT, director of Burke’s Amputee and Orthopedic Rehabilitation Program. “We want to help people with arthritis learn what exercises and treatments can help reduce pain and improve their quality of life. And for those who don’t have arthritis, we want to give them information that could aid in reducing their risk of developing arthritis.”

Lunch is included in this day-long event but seating is limited and pre-registration is required. For more information or to register, please call (914) 597-2435.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. Burke is both an acute rehabilitation hospital and medical research center. Burke's world renowned doctors and therapists provide state-of-the-art treatment, while its research scientists explore the frontiers of neurological medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay.

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