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## Get a Grip on Arthritis

Joe Namath, legendary quarterback who led the New York Jets to its famous Super Bowl victory now battles arthritis. He came to Tucson to share his inspirational message about not giving up that battle. Get a Grip on Arthritis was a public education event co-sponsored by the Arizona Arthritis Center and the Southern Arizona Chapter of the Arthritis Foundation. It was underwritten by Boehringer Ingelheim Pharmaceuticals. The event had 750 people in attendance to hear David Yocum, M.D., Director of the Arizona Arthritis Center and John Klippel, M.D. National Medical Director for the Arthritis Foundation, speak on advances in arthritis management and care. The crowd also actively participated in a Dyna-Band exercise demonstration led by Michelle Cornett, R.N., Jeannie Cooper, R.N., and Susan Cooper, M.S.

*“He tried to outrun it.  
He tried to sneak past it.  
But arthritis eventually  
caught up with Joe Namath.  
So he tackled it.”*

The highlight, however, was an opportunity to hear from two inspirational leaders speaking personally about their battles with arthritis. Tucsonan David Jacobson is one of the Arthritis Foundation’s 50 National Heroes with Arthritis who told his story of how, as a young man in his early 20’s, he learned to cope with his aggressive arthritis through humor. Center stage went to football legend Joe Namath who made everyone realize that sports heroes often pay a price for their talents and exploits. Since leaving the NFL in 1977, Joe has had both knees replaced and he lives with daily pain in his hands, hips and knees. He says he chooses not to take

