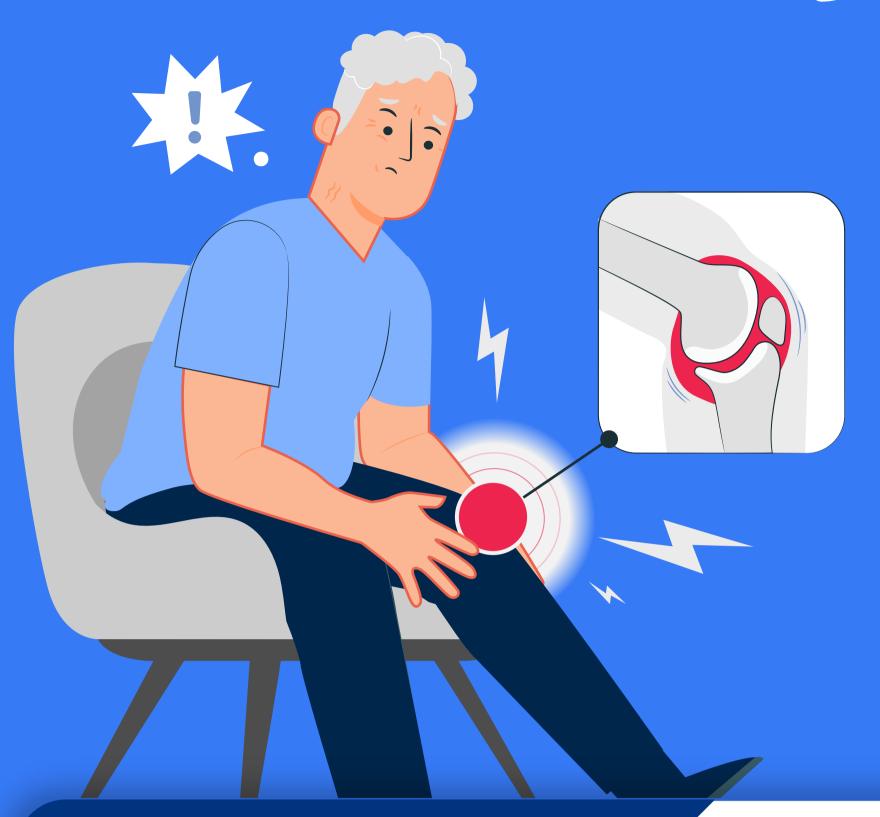


## JOINT PAIN



Joint pain is the uncomfortable feeling, aches and pains in any joint of the body. Sometimes, joint pain is a manifestation of a certain systemic disease or injury. The pain can affect one joint or several joints.





Joint pain, stiffness and swelling.



Red, soft or warm in the area around the joint.



Fatigue and discomfort.



The appearance of tumors and lumps.



Fever of unknown origin.



## Prevention



Keep your body warm.



Have a healthy diet.



Exercise regularly.



Avoid heavy labor.



Consume good nutrients for joints.