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LET'S TALK HEALTH

Joint Pain, Arthritis and Inflammation:

Many people experience joint pain, stiffness, or swelling, especially during the colder months. But how do you know what's normal, what might be arthritis, and when it's time to seek medical attention?

DR. STEPHANIE KEELING

Professor
Department of Medicine



FREE PUBLIC WEBINAR

Join physicians from the Division of Rheumatology for an approachable discussion about joint pain and inflammation. Learn about common causes of arthritis, including osteoarthritis and inflammatory forms of arthritis, what symptoms to watch for, and what current medical understanding tells us about treatment options.

The session will also explore common questions about supplements, alternative therapies, and other popular treatments, helping you separate myths from facts and make informed decisions about your joint health.

WEDNESDAY, DECEMBER 9, 2026
6 - 7 p.m.

For more information, visit uab.ca/dom.

