She dedicates her life to fighting crippler

In the war against arthritis, the search for a cure is the main battle.

But the Arthritis Foundation string the foundation conducts arthritis reached in the firmity and attempts to educate non-arthritics to the problem.

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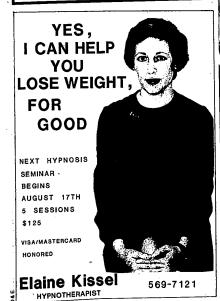
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Lynda Hubar, newly elected president of the Michigan chapter, knows how tough it is to get the public inflamed about the problems of arthritis. "We're not very dramatic. You don't die from arthritis," the West Bloomfield homemaker said. "We're not glamprous like cancer or heart disease. We're in the said of the work of the warden when and national said we're not glamprous like cancer or heart disease. We're just everyday ache and pain. What do you do with us?"

THE ORDINARINESS of arthritis, though, may be due to the scope of the malady. It afflicts 31 million Americans, six million of whom suffer from

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variety that can incapacitate and cripple.
Mrs. Hubar, who has had rheumatoid
arthritis for 20 years, became the first
woman — and probably the first rheumatoid arthritic — to head the state
chapter. The job, like most with the
foundation, is volunteer.
To Mrs. Hubs merely an uncomfortable stiffness of the joints is one of the
foundation's biggest battles. Some
forms, like osteoarthritis, can be fairly
mild. However, rheumatoid arthritis

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can affect internal organs and the whole body, creating insistent pair and constant fatigue, Mrs. Hubar said.

"You know how some days you wake the water of the part of the p

Rheumatoid arrintus strates more women than men, and usually those between the ages of 25 and 40, she said. The embarassment of suffering from an "old people's disease" keeps many people from seeking early treatment, Mrs. Hubar said.

"When everyone tells you it's an old folks' disease, you don't want to talk about it," she said. "It had a sort of a stigma about it."

routine.
"I couldn't work in the kitchen.
Things fell through my hands. I can't tell you how many sets of dishes I've been through."
After four years, she went to a rhoundstall the set of the set of

heen through."
After four years, she went to a rheumatologist. She grimaces now at the
thought flash the wattled so long.
"I guess it was really my own igorance." she said.
"Within a year and a half, I was back
on my feet." Shopping, fixing dinner
and dressing herself are all now possible.

ble.
"I still have trouble lifting grocery bags, but I can make a bed — just don't ask me to tuck anything in." Lifting a load of wet wash is still out of the question, she added.

THE SVELTE BLONDE wears gold bangles on her slender wrists and numerous rings on slim, straight fingers. Without the thumb splint she must occasionally wear, no one would identify her as a sufferer of a severe form of orthritis.

Mrs. Hubar said.

SHE KNOWS — she first got arthritis when she was 21, with a newborn baby and an 18-month-old on her hands.

"I couldn't change a diaper," she recalled rufellly.

At first she blamed long hours of hirting for her aching fingers. Then her general practitioner diagnosed arthritis and she assumed there was nothing to be done.

She didn't tell anyone she had arthritis and tribution of the state of the sta

The 5,000-member Michigan group, which was the organization's founding chapter 30 years ago, concentrates on educating the public and helping arthrities cope with the disease. Prompt The pain would disappear some-tics cope with the disease. times, but it always returned. Arthritis medical treatment is stressed.

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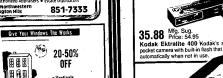
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