

# Southern Living®

## SUMMER ESCAPES

# 25

Lakes,  
Rivers,  
Beaches,  
and  
Other  
Southern  
Hideouts

**PORCH  
COCKTAIL  
GUIDE**

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Easy Peach  
Desserts

A Backyard  
Fourth of July

Quick Corn  
Suppers

JULY 2020



**Natural World Swim Trunks  
in Pool Blue Cheetahs,**  
\$18; [miniboden.com](http://miniboden.com)



**The Malibu in  
Seafoam,** \$95;  
[andieswim.com](http://andieswim.com)



**Girls Garden Floral  
Rashguard One Piece,** \$68;  
[minnowswim.com](http://minnowswim.com)



**Solid Swim Trunk  
in Sky Blue,** \$85;  
[southernride.com](http://southernride.com)

**SUMMER STAPLES**

## Suit Yourself

*Dive into warm-weather adventures with splashy swimwear for the whole family*



**HOUSE CALL**

## Straight to the Joint

*Rheumatologist  
Dr. Paula Anca Tanasa  
shares two takeaways  
about osteoarthritis*

**LEARN THE FACTS**

► “Osteoarthritis is the most common form of arthritis,” says Tanasa. “It is primarily a destruction of joint cartilage.” Age is the most important risk factor for osteoarthritis, she says, because the condition typically develops as people get older.

**BE PROACTIVE**

► If you experience symptoms such as joint stiffness and pain, it’s wise to see your doctor rather than chalk it up to wear and tear, Tanasa notes. There is a chance that you have rheumatoid arthritis, and its advancement can be slowed down when it is diagnosed. “However, we don’t have anything to stop the progression of osteoarthritis,” she says. “But muscle-strengthening and aerobic exercises can help make you feel better and reduce pain.” Regardless of the type of arthritis you have, Tanasa says you should work closely with your physician to monitor its development, help manage the pain, and even recommend joint replacement if necessary.

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