Nearly 3 million Americans suffer from rheumatoid arthritis, a painful, incurable connective-tissue disease that attacks the hands and feet as well as the joints and may lead to deformities and permanent disabilities. Rheumatoid Arthritis: Plan to Win offers an inspiring, scientifically based game plan for minimizing the effects of this chronic illness, and ultimately, achieving optimal health.

Here is the definitive resource for practical strategies and emotional support, whether you need help controlling pain, are concerned about medication side-effects, or want to locate a reliable RA news source or support group on the Internet. Helpful chapters detail the latest therapies, special dietary and exercise needs of people with RA, how to deal with arthritis at home and in the workplace, prepare for surgery, pregnancy and childbirth, enjoy healthy sexuality, use the mind-body connection to control symptoms, make informed decisions about alternative medicine, and perhaps most important, how to build a healthcare team and maintain excellent communication and working relationships with that team. By using this book as a starting point and a 24/7 reference guide, people with RA will be better equipped to form an effective plan of action, making well-informed decisions about their health along the way, and greatly enhancing their ability to live happy, productive lives.

Cheryl Koehn, who was an Olympic-caliber athlete when she developed RA, is a leading advocate and spokesperson for people with arthritis. Together with her co-authors, John Esdaile, MD, and science writer Taysha Palmer, Koehn provides a wealth of information and practical advice, assembled from thousands of research papers as well as from her personal experiences with this debilitating disease.

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