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Explaining Arthritis

Introduction

Everyone has heard of arthritis, and knows someone with the condition. However, if we ourselves are not affected by the condition we tend not to know much about it. Arthritis is a common condition that causes joint inflammation and pain, and it affects about 10 million people in the UK. People of all ages can get it and there are many forms of the condition such as Osteoarthritis, Rheumatoid Arthritis and Gout

Being diagnosed with arthritis can raise many questions. This book will provide you with the information you need to understand this condition in all its different forms, the treatment options available to you, different methods of coping, and where to go for further advice and help. It will also, importantly, help you see the 'wood from the trees' and avoid the many offers of treatment in the form of pills and potions that seek to exploit the sufferer.

Diet and exercise are also important elements in the control of arthritis and in chapter 13 we go into both areas in depth.

There is a lot of information around concerning all of the different forms of arthritis. There are good websites around, such as Versus Arthritis (formerly Arthritis UK and Arthritis Research). Also, the NHS website is very good and comprehensive. However, the advantage of a book such as Explaining Arthritis, apart from usefulness to those who do not have or cannot use a computer, is that all of the disparate strands of information are pulled together which can then be used as a reference guide. I hope that you find this introduction useful and of benefit.