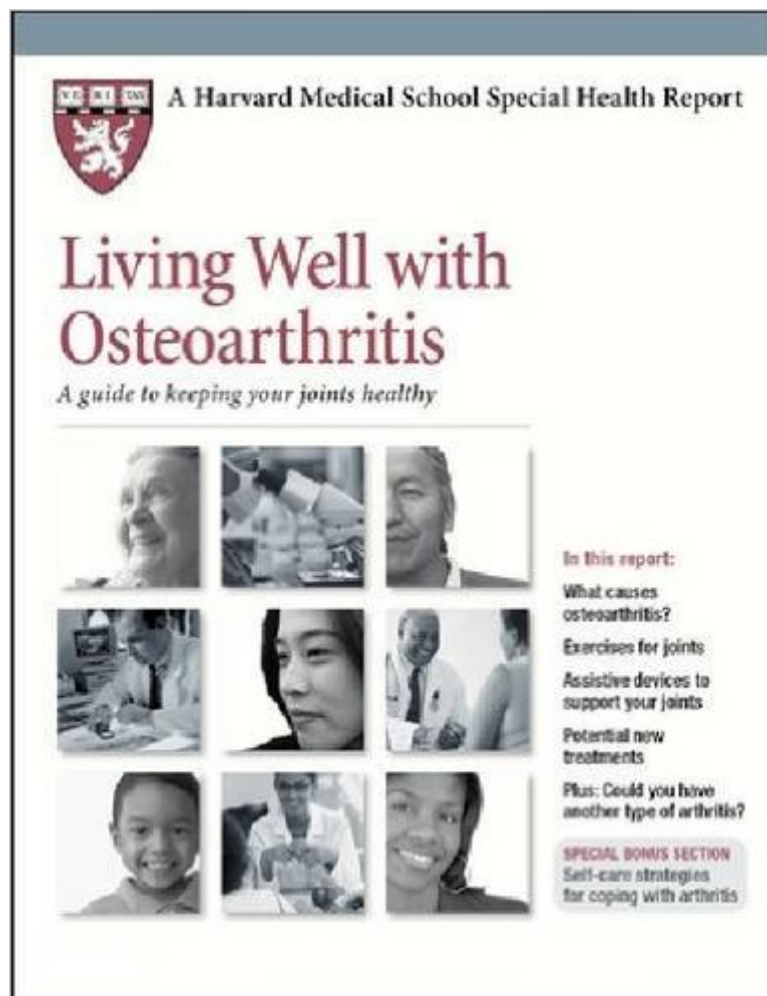


The book was found

# Living Well With Osteoarthritis: A Guide To Keeping Your Joints Healthy (Harvard Medical School Special Health Reports)



## Synopsis

Arthritis can be distracting. Distressing. And disheartening. It can make you hesitant. It can frustrate -- and even prevent -- you from doing all the things you love to do. It is, quite literally, a pain. The good news is that you can live -- and live well -- with osteoarthritis, the most common type of arthritis. You can get relief from its pain and its consequences. This Special Health Report from Harvard Medical School will show you how. You'll discover advances that are making a real and lasting difference and strategies that are helping men and women reclaim mobility and banish agonizing joint pain. Don't let arthritis pain get in your way! End the relentless aches and aggravation and start enjoying a more active and pain-free life once again! The report will brief you on breakthroughs in joint replacement surgery. You'll learn about the role of physical therapy as well as complementary procedures. And because medications remain the first line of defence, the report examines the effectiveness, safety, and possible side effects of more than 40 medications used to treat arthritis and relieve its pain. A special section covers a host of things you can do on your own to make coping with osteoarthritis easier. You'll be introduced to helpful tools, pain-relieving exercises, smart food and menu ideas, and more. There's no reason to ache when you can act! Order your copy of *Living Well with Osteoarthritis* today!

## Book Information

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## Customer Reviews

When I began my search for a book on living with Osteoarthritis I was looking for something that I could rely on to be truthful. When I saw that this was a Harvard Medical School special health report on the subject I knew I had found exactly what I was looking for. This publication is so easy to read

(not full of medical jargon). It basically touches on all aspects of Osteoarthritis from diagnosing the disease to all types of treatments. The publication also describes other types of arthritis. I recommend this publication to everyone who would like to know about the disease.

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