



# Living with Rheumatoid Arthritis

*Tammi L. Shlotzhauer, James L. McGuire*

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## **Living with Rheumatoid Arthritis** Tammi L. Shlotzhauer, James L. McGuire

For the nearly three million Americans who live with rheumatoid arthritis--and the 200,000 more who this year will learn they have the disease -- Living with Rheumatoid Arthritis offers practical and usable answers to the questions of everyday life. The authors provide clear explanations of the causes, diagnosis, and treatment of the disease, and why medication, joint protection, physical activity, and good nutrition are essential components of care. They describe specific ways -- including safe and effective exercises -- to cope with pain, stiffness, and fatigue, as well as emotional responses, reactions from friends and family, and lifestyle changes.

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