1. Record Nr. UNINA9910454458703321

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Titolo	Arthritis [[electronic resource]] : how to stay active and relieve your pain / / Barbara Stokes and Antoine Helewa
Pubbl/distr/stampa	Boulder, Colo., : Bull Pub. Co., c2007
ISBN	1-933503-22-X
Descrizione fisica	1 online resource (440 p.)
Altri autori (Persone)	HelewaAntoine
Disciplina	616.7/22
Soggetti	Arthritis Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 409-414) and index.
Nota di contenuto	Pt. 1. Finding out about arthritis -- What is arthritis and what can I expect from this book? -- What are joints and how do they work? -- Is arthritis one disease or several? -- Where can I go for help? -- How can scientific research help me make choices? -- How can arthritis medications help me? -- How can I manage my arthritis pain? -- How can I stay well and prevent disability? -- Why should I exercise? -- Pt. 2. Getting healthy and staying well -- Keeping your joints mobile and flexible -- Building and maintaining your muscle strength -- Improving your fitness and endurance -- Protecting your joints and conserving energy -- Adjusting to the emotional and social impact of arthritis -- Enjoying happy and healthy intimate relationships -- Making healthy lifestyle choices -- Exploring options for joint surgery -- Exercising caution about cures and testimonials.
Sommario/riassunto	Addressing the growing number of individuals who suffer from this often debilitating ailment, this indispensable reference explains how to manage chronic or acute arthritis in straightforward language. Descriptions of the most common forms of arthritis and how they affect the body and its joints guide arthritis sufferers through the symptoms and show them how to manage their own treatment with the help of a health-care team. Self-management is emphasized and chapters cover topics such as pain management, working with health-care professionals, medicat