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ISBN	0-19-150682-6
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (205 p.)
Collana	thefacts series
Disciplina	616.7223
Soggetti	Osteoarthritis Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	Osteoarthritis: The Facts helps patients and their carers better understand the condition, empowering patients with the knowledge and skills to actively take charge of their own health by knowing as much as they can about osteoarthritis, and finding out how this can be best managed. Part 1 details what osteoarthritis is, what causes it, who it affects, what the main symptoms are, how it is diagnosed, and what the long-term outcome is. Part 2 explains the potential aspects of management that can be used for osteoarthritis, including self-management strategies, exercise, diet, medications, surgic