

## OF BOOKS

### “Good Living” With Arthritis

(NAPS)—Two new, consumer-oriented books published by The Arthritis Foundation are helping people better manage the disease, in concert with their doctor. The books guide people with arthritis to healthier, more fulfilling lives by providing authoritative, comprehensive and practical information.



**Access to the latest information about arthritis is helping people live better lives.**

Reviewed by six of the nation's leading rheumatologists, *The Arthritis Foundation's Guide to Good Living with Rheumatoid Arthritis* and *The Arthritis Foundation's Guide to Good Living with Osteoarthritis* take an A-to-Z approach—from the cause and diagnosis to long-term progression and everything in between.

“Millions of people are struggling with serious, everyday quality-of-life issues caused by arthritis, but there is something to be said about self-management and empowerment,” says Dr. Jack Klippel, medical director, Arthritis Foundation. “Education and action are key in managing arthritis so that it doesn't manage you.”

The books provide the latest information on prescription and over-the-counter drugs; questions to ask before surgery; exercises that work; new surgical techniques; alternative therapies that are helpful and those that are harmful; facing disability at work; coping with emotional challenges; self-help resources and much more.

The books are available at bookstores, or can be ordered by calling (800) 207-8633, or by visiting [www.arthritis.org](http://www.arthritis.org).