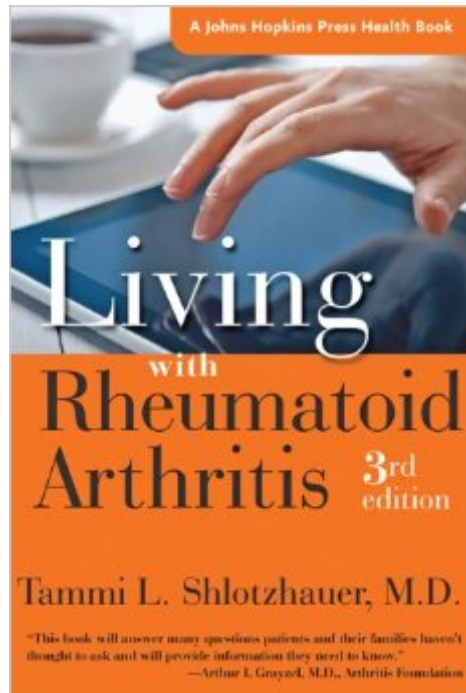


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# Living With Rheumatoid Arthritis (A Johns Hopkins Press Health Book)



## Synopsis

Rheumatoid arthritis is an autoimmune disease in which inflammation plays a major role in causing joint problems. Warmth and swelling in the joints, along with significant stiffness and pain, can make daily life difficult. Many people with rheumatoid arthritis also experience fatigue, low-grade fever, loss of appetite, depression, and muscle aches. In this, the third edition of *Living with Rheumatoid Arthritis*, Tammi L. Shlotzhauer describes new findings about causes and treatments, including:

- New research on risk factors and triggers, including pathologic bacteria in the digestive tract, smoking, and exposure to pollutants and chemicals
- Lifestyle and diet modifications that can help avoid potential triggers
- How stress contributes to inflammation and other symptoms
- Information about new biologic disease-modifying drugs
- Promising research on biomarkers that may generate a personalized approach to treatment
- Remarkable gains in reducing disability, hospitalizations, and surgeries

In addition to explaining the causes, symptoms, and treatment options for people who have rheumatoid arthritis, Dr. Shlotzhauer offers practical strategies for coping with the pain, fatigue, and emotional toll of a chronic illness. She provides new information on associated diseases such as osteoporosis, tips for finding safe and reliable information online, and information on how to get an accurate diagnosis.

## Book Information

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## Customer Reviews

I borrowed this book from my local library, read it all the way through, and just purchased a Kindle

copy for my personal library. I don't have a diagnosis for my joint pain yet, but Rheumatoid Arthritis is a possibility. I've done quite a bit of reading on the internet, and I've met with a highly regarded rheumatologist at a Boston hospital. I would say that I came to this book already well-versed in the current understanding of RA and its treatments. I'm not sure that I learned very many totally new facts about RA, but I did find the presentation of information in this book to be excellent, and the comprehensiveness (in terms of details) really wonderful. I decided that purchase of the book was justified just by the chapters on exercise (including specifics) and medications/treatments. The exercise chapter covers what could be appropriate exercises for three broad categories of RA status: Very Inflamed Joints, Moderately Inflamed Joints and Controlled Joints. There's one chapter on overall activity and health, and another full of specific exercises, such as range of motion exercises (with illustrations.) This was far more helpful to me than advice to "avoid damaging exercises" that I've heard elsewhere! I've been doing strength training with weights for several years, and I wanted very clear, specific advice on what a good exercise program for a person diagnosed with RA might be if that's the diagnosis I end up with. I plan to show this chapter to my rheumatologist and confirm whether his advice matches the general advice Dr. Shlotzhauer offers in the book.

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