



## Arthritis: A Practical Guide to Getting on With Your Life

By Chris Jenner

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Arthritis: A Practical Guide to Getting on With Your Life, Chris Jenner, Arthritis is one of the most common causes of disability, affecting areas in and around the joints and bringing misery to a staggering 10 million people in the UK and 46 million in the USA. Arthritis occurs not just amongst older age groups but across all age ranges, and impacts hugely on the lives of sufferers and their families. Dr Chris Jenner's easy-to-read and highly informative book shows that much of the suffering experienced as a result of this painful condition is unnecessary. Starting with a no-nonsense look at the condition itself, Dr Jenner focuses on the many ways in which arthritis can affect daily life and leads the reader through the variety of options available to sufferers. He shows how the effects of this potentially debilitating disease can be minimised so that quality of life is restored. Contents: Preface; Part I Understanding Arthritis; 1. What is Arthritis?; 2. Arthritis - The Statistics; 3. Types of Arthritis; 4. Related and Secondary Medical Conditions; 5. What Causes Arthritis?; 6. Diagnosing Arthritis; 7. Aggravating Factors; 8. Top Arthritis Myths; Part...



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