



Find out how to control your symptoms  
and get on with your life!

# Arthritis

## FOR DUMMIES®

**Dr Sarah Brewer**

*Fellow of the Royal Society of Medicine*

**Barry Fox, PhD**

*Health writer*

**Nadine Taylor**

*Registered Dietitian*

**Dr Jinoos Yazdany**

*Rheumatology Fellow, University  
of California*



**A Reference for the Rest of Us!™**



**UK Edition**

# Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to  
***[www.dummies.com/cheatsheet/arthritisuk](http://www.dummies.com/cheatsheet/arthritisuk)***

## Get Smart at Dummies.com

Dummies.com makes your life easier with 1,000s of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step Instructions

Plus, each month you can win valuable prizes by entering our Dummies.com sweepstakes.\*

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Cell Phones
- eBay
- Internet
- Food, Home & Garden

**Find out “HOW” at Dummies.com**



\*Sweepstakes not currently available in all countries; visit [Dummies.com](http://Dummies.com) for official rules.

*Arthritis*  
FOR  
DUMMIES®



***Arthritis***  
FOR  
**DUMMIES®**

**by Barry Fox, PhD  
Nadine Taylor, MS, RD  
Jinoos Yazdany, MD  
Sarah Brewer, MD**



JOHN WILEY & SONS, LTD

## Arthritis For Dummies®

Published by  
**John Wiley & Sons, Ltd**  
The Atrium  
Southern Gate  
Chichester  
West Sussex  
PO19 8SQ  
England

E-mail (for orders and customer service enquires): [cs-books@wiley.co.uk](mailto:cs-books@wiley.co.uk)

Visit our Home Page on [www.wiley.com](http://www.wiley.com)

Copyright © 2006 John Wiley & Sons, Ltd, Chichester, West Sussex, England

Published by John Wiley & Sons, Ltd, Chichester, West Sussex

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except under the terms of the Copyright, Designs and Patents Act 1988 or under the terms of a licence issued by the Copyright Licensing Agency Ltd, 90 Tottenham Court Road, London, W1T 4LP, UK, without the permission in writing of the Publisher. Requests to the Publisher for permission should be addressed to the Legal Department, Wiley Publishing, Inc, 10475 Crosspoint Blvd, Indianapolis, Indiana 46256, United States, 317-572-3447, fax 317-572-4355, or online at <http://www.wiley.com/go/permissions>.

**Trademarks:** Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

**LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE CONTENTS OF THIS WORK ARE INTENDED TO FURTHER GENERAL SCIENTIFIC RESEARCH, UNDERSTANDING, AND DISCUSSION ONLY AND ARE NOT INTENDED AND SHOULD NOT BE RELIED UPON AS RECOMMENDING OR PROMOTING A SPECIFIC METHOD, DIAGNOSIS, OR TREATMENT BY PHYSICIANS FOR ANY PARTICULAR PATIENT. THE PUBLISHER, THE AUTHOR, AND ANYONE ELSE INVOLVED IN PREPARING THIS WORK MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION ANY IMPLIED WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. IN VIEW OF ONGOING RESEARCH, EQUIPMENT MODIFICATIONS, CHANGES IN GOVERNMENTAL REGULATIONS, AND THE CONSTANT FLOW OF INFORMATION RELATING TO THE USE OF MEDICINES, EQUIPMENT, AND DEVICES, THE READER IS URGED TO REVIEW AND EVALUATE THE INFORMATION PROVIDED IN THE PACKAGE INSERT OR INSTRUCTIONS FOR EACH MEDICINE, EQUIPMENT, OR DEVICE FOR, AMONG OTHER THINGS, ANY CHANGES IN THE INSTRUCTIONS OR INDICATION OF USAGE AND FOR ADDED WARNINGS AND PRECAUTIONS. READERS SHOULD CONSULT WITH A SPECIALIST WHERE APPROPRIATE. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. NO WARRANTY MAY BE CREATED OR EXTENDED BY ANY PROMOTIONAL STATEMENTS FOR THIS WORK. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR ANY DAMAGES ARISING HEREFROM.**

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 800-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library

ISBN-13: 978-0-470-02582-6

ISBN-10: 0-470-02582-4

Printed and bound in Great Britain by Bell & Bain Ltd., Glasgow

10 9 8 7 6 5 4 3 2 1



# About the Authors

Barry Fox and Nadine Taylor are a husband-and-wife writing team living in Los Angeles, California.

**Dr Sarah Brewer** qualified as a doctor in 1983 from Cambridge University. She was a full-time GP for five years and now works in nutritional medicine and sexual health. Sarah is currently completing an MSc in Nutritional Medicine at the University of Surrey, Guildford.

Although her first love is medicine, her major passion is writing. Sarah writes widely on all aspects of health and has written over 40 popular self-help books. She is a regular contributor to a number of newspapers and women's magazines, and appears regularly on TV and radio. She was voted Health Journalist of the Year 2002.

**Barry Fox, PhD**, is the author, coauthor, or ghostwriter of numerous books, including the *New York Times* number one best-seller, *The Arthritis Cure* (St. Martin's, 1997). He also wrote its sequel, *Maximizing The Arthritis Cure* (St. Martin's, 1998), as well as *The Side Effects Solution* (Broadway Books, 2005), *What Your Doctor May Not Tell You About Hypertension* (Warner Books, 2003), *What Your Doctor May Not Tell You About Migraines* (Warner Books, 2001), *Syndrome X* (Simon & Schuster, 2000), *The 20/30 Fat and Fiber Diet Plan* (HarperCollins, 1999), and *Cancer Talk* (Broadway Books, 1999). His books and over 160 articles covering various aspects of health, business, biography, law, and other topics have been translated into 20 languages.

**Nadine Taylor, MS, RD**, is the author of *Natural Menopause Remedies* (Signet, 2004), *25 Natural Ways To Relieve PMS* (Contemporary Books, 2002), and *Green Tea* (Kensington Press, 1998), as well as co-author of *Runaway Eating* (to be published by Rodale in 2005), *What Your Doctor May Not Tell You About Hypertension* (Warner Books, 2003), and *If You Think You Have An Eating Disorder* (Dell, 1998). After a brief stint as head dietitian at the Eating Disorders Unit at Glendale Adventist Medical Center, Ms. Taylor lectured on women's health issues to groups of health professionals throughout the country. She has also written numerous articles on health and nutrition for the popular press.

**Jinoos Yazdany, MD, MPH**, is a board certified internist and a Rheumatology Fellow at the University of California, San Francisco. She completed her undergraduate education at Stanford University, where she received the Deans' Award for Academic Achievement and graduated with Honors and Distinction. She completed medical school at the University of California, Los Angeles, where she received a Humanism in Medicine award from the Health Care Foundation of New Jersey and graduated Alpha Omega Alpha. Dr. Yazdany also studied public health at Harvard University. Her research involves examining health disparities in the care of patients with chronic diseases. This is her first book.





# ***Dedication***

Dedicated to Nina Ostrom Taylor, world's greatest mom and mom-in-law.

# ***Authors' Acknowledgements***

Nadine and Barry thank Arnold Fox, MD, for providing us with a great deal of information on arthritis; Jinoos Yazdany, MD, for her invaluable contributions to the text; Anthony Padula, MD, for his careful review of the manuscript; and of course, Natasha Graf, Traci Cumbay, and the editorial staff at Wiley.

Jinoos thanks the many patients who have shared with her their lives and wisdom regarding living with arthritis.

Sarah thanks Barry Fox, Nadine Taylor, and Jinoos Yazdany, authors of the original US version of *Arthritis For Dummies*. The quality of their original script made my job easy, as I had so very little to do when adapting their excellent book for the UK market.

## **Publisher's Acknowledgements**

We're proud of this book; please send us your comments through our Dummies online registration form located at [www.dummies.com/register/](http://www.dummies.com/register/).

Some of the people who helped bring this book to market include the following:

### ***Acquisitions, Editorial, and Media Development***

**Executive Editor:** Jason Dunne

**Executive Project Editor:**  
Amie Jackowski Tibble

**Commissioning Editor:** Alison Yates

**Project Editor:** Simon Bell

**Copy Editor:** Kate O'Leary

**Technical Reviewer:**

Dr Charles Mackworth-Young. MA, MD, FRCP

**Cover Photos:** Getty Images/Robert Harding

**Cartoons:** Ed McLachlan

### ***Composition Services***

**Project Coordinator:** Maridee Ennis

**Layout and Graphics:** Carl Byers, Andrea Dahl,  
Lynsey Osborn, Heather Ryan

**Proofreaders:** Laura Albert, Dwight Ramsey

**Indexer:** TECHBOOKS Production Services

---

### **Publishing and Editorial for Consumer Dummies**

**Diane Graves Steele**, Vice President and Publisher, Consumer Dummies

**Joyce Pepple**, Acquisitions Director, Consumer Dummies

**Kristin A. Cocks**, Product Development Director, Consumer Dummies

**Michael Spring**, Vice President and Publisher, Travel

**Kelly Regan**, Editorial Director, Travel

### **Publishing for Technology Dummies**

**Andy Cummings**, Vice President and Publisher, Dummies Technology/General User

### **Composition Services**

**Gerry Fahey**, Vice President of Production Services

**Debbie Stailey**, Director of Composition Services

# Contents at a Glance

---

<b><i>Introduction</i></b> .....	<b>1</b>
<b><i>Part I: Getting a Grip on Types of Arthritis</i></b> .....	<b>7</b>
Chapter 1: Looking at Arthritis Basics.....	9
Chapter 2: Osteoarthritis, the Most Common Form .....	27
Chapter 3: Fighting a War Within: Rheumatoid Arthritis .....	39
Chapter 4: Investigating Other Forms of Arthritis .....	55
Chapter 5: Exploring Other Conditions Linked to Arthritis.....	69
<b><i>Part II: Tests and Treatments: What to Expect</i></b> .....	<b>89</b>
Chapter 6: Your Doctor and You: Allies Against Arthritis .....	91
Chapter 7: Judging Joint Health with Low- and High-Tech Tests .....	101
Chapter 8: From Aspirin to Steroids: Medicines for Arthritis.....	111
Chapter 9: Cuts That Cure: Surgeries for Arthritis.....	135
Chapter 10: Overcoming the Ouch: Strategies for Pain Management .....	149
<b><i>Part III: Is Complementary Medicine for You?</i></b> .....	<b>163</b>
Chapter 11: Exploring Complementary Medicine .....	165
Chapter 12: Discovering Herbs and Homeopathy.....	175
Chapter 13: Making the Most of Hands-On Healing Methods .....	193
Chapter 14: Other Complementary Approaches.....	207
<b><i>Part IV: The Arthritis Lifestyle Strategy</i></b> .....	<b>217</b>
Chapter 15: Fighting the Pain with Foods and Supplements .....	219
Chapter 16: Oiling Your Joints with Exercise.....	241
Chapter 17: Protecting Your Joints through Good Posture and Movement .....	267
Chapter 18: Controlling Your Stress, Aggression, and Depression .....	279
Chapter 19: Living with Arthritis Day-to-Day .....	291
<b><i>Part V: The Part of Tens</i></b> .....	<b>303</b>
Chapter 20: Ten Tips for Travelling with Arthritis.....	305
Chapter 21: Ten Drug-Free Ways to Reduce Pain and Stiffness .....	311
Chapter 22: Ten Professionals Who Can Help You Fight Arthritis .....	317
Chapter 23: Ten Crackerjack New Treatments .....	323

***Part VI: Appendixes* .....333**  
Appendix A: Glossary .....335  
Appendix B: Resources .....343  
Appendix C: Weight Loss and Management Guide.....351  
***Index* .....357**

# Table of Contents

.....

<b><i>Introduction</i></b> .....	<b>1</b>
About This Book.....	1
Foolish Assumptions .....	2
How This Book Is Organised.....	2
Part I: Getting a Grip on Types of Arthritis .....	3
Part II: Tests and Treatments: What to Expect .....	3
Part III: Is Complementary Medicine for You? .....	3
Part IV: The Arthritis Lifestyle Strategy .....	3
Part V: The Part of Tens.....	4
Part VI: Appendixes.....	4
Icons Used in This Book.....	4
Where to Go from Here.....	5

## ***Part 1: Getting a Grip on Types of Arthritis***..... **7**

### **Chapter 1: Looking at Arthritis Basics** ..... **9**

Understanding How Arthritis Affects Your Joints.....	10
Saying hello to your joints .....	10
Looking at the types of synovial joints.....	12
Distinguishing Between Arthritis and Arthritis-related Conditions .....	15
Defining ‘true’ arthritis .....	16
Classifying arthritis as a ‘major player’.....	17
Describing arthritis as a ‘minor player’.....	18
Experiencing arthritis as a ‘companion condition’.....	19
Deciding Whether It’s Really Arthritis: Signs and Symptoms .....	19
Considering the Causes of Arthritis .....	20
Understanding Who Gets Arthritis .....	22
Assessing Your Treatment Options .....	23
Looking into medications .....	23
Considering surgery.....	24
Making lifestyle changes .....	25
Looking at alternative approaches.....	26

### **Chapter 2: Osteoarthritis, the Most Common Form** ..... **27**

Considering Cartilage.....	27
Identifying the Signs and Symptoms of Osteoarthritis .....	29
Discovering What Causes Cartilage Breakdown .....	30
Considering causes of primary osteoarthritis.....	30
Sorting out the sources of secondary osteoarthritis .....	31
Regarding the repair problem.....	32

Recognising Risk Factors for Osteoarthritis.....	33
Determining Whether It Really Is Osteoarthritis .....	34
Treating Osteoarthritis.....	35
Muting the pain with medication .....	35
Lubricating your joints with exercise.....	35
Protecting your joints through good alignment.....	36
Heating and cooling the pain away .....	36
Taking a load off with weight control .....	37
Knowing how to help yourself.....	37
Considering surgery.....	37

### **Chapter 3: Fighting a War Within: Rheumatoid Arthritis . . . . . 39**

Turning on Itself: The Body Becomes Its Own Worst Enemy.....	39
Recognising the signs and symptoms of RA .....	42
Understanding the causes of RA .....	44
Describing the most likely victim of RA .....	45
Diagnosing Rheumatoid Arthritis .....	46
Searching for clues: The medical history and physical examination.....	46
Taking tests .....	46
Treating Rheumatoid Arthritis .....	47
Relying on rest.....	47
Delving into your diet .....	48
Easing into exercise and physical therapy .....	48
Protecting your joints .....	48
Applying hot or cold compresses .....	49
Taking medication .....	49
Saving your joints via surgery .....	51
Modifying risk factors for heart disease .....	52
Predicting the outcome .....	52
Looking to the future .....	53

### **Chapter 4: Investigating Other Forms of Arthritis . . . . . 55**

Gaining Insight into Gout: It's Not Just for Royalty .....	55
Summarising the symptoms .....	56
Diagnosing and treating gout.....	57
Helping yourself heal .....	58
Studying Pseudogout: The Royal Pretender.....	59
Summarising the symptoms .....	59
Diagnosing and treating pseudogout.....	59
Understanding Juvenile Rheumatoid Arthritis.....	60
Summarising the symptoms .....	60
Diagnosing and treating JRA .....	61
Figuring Out Infectious Arthritis .....	61
Summarising the symptoms .....	62
Diagnosing and treating infectious arthritis .....	62

Getting a Grip On Gonococcal Arthritis .....63  
 Diagnosing and treating gonococcal arthritis .....63  
 Running Down Reiter’s Syndrome .....63  
 Summarising the symptoms .....64  
 Diagnosing and treating Reiter’s syndrome .....64  
 Surveying Psoriatic Arthropathy .....64  
 Summarising the symptoms .....65  
 Diagnosing and treating psoriatic arthritis .....65  
 Considering Ankylosing Spondylitis .....65  
 Summarising the symptoms .....66  
 Diagnosing and treating ankylosing spondylitis .....66

**Chapter 5: Exploring Other Conditions Linked to Arthritis . . . . . 69**

Experiencing Arthritis as a Major Player .....69  
 Systemic lupus erythematosus: The wolf disease .....70  
 Discoid lupus erythematosus: A less dangerous form of lupus .....71  
 Scleroderma: Hardening skin .....72  
 Lyme disease: Making you the bull’s-eye .....74  
 Experiencing Arthritis as a Minor Player .....76  
 Bursitis: Swelling bursae .....76  
 Tendonitis and tenosynovitis: Inflammation of  
 the bone–muscle link .....78  
 Raynaud’s: A chilling problem .....79  
 Sjögren’s syndrome: Dry mouth, eyes, and maybe more .....80  
 Polymyalgia rheumatica: The pain of many muscles .....81  
 Paget’s disease: Becoming too bony .....83  
 Experiencing Arthritis as a Companion Condition .....83  
 Carpal tunnel syndrome: Nerve compression .....84  
 Fibromyalgia: The pain no one can find .....85  
 Polymyositis: A rare sapping of strength .....86  
 Dermatomyositis: Polymyositis plus .....87

***Part 11: Tests and Treatments: What to Expect . . . . . 89***

**Chapter 6: Your Doctor and You: Allies Against Arthritis . . . . . 91**

Positioning Yourself for Treatment Success .....92  
 Deciding between NHS and Private Care .....93  
 Going private .....93  
 Making the most of the NHS .....95  
 Working with Your Doctor .....97  
 Speaking Your Doctor’s Language .....98  
 Working Out When to Find a New Doctor .....99

<b>Chapter 7: Judging Joint Health with Low- and High-Tech Tests</b>	<b>101</b>
Checking In for a Check-up	101
Presenting the past: Your medical history	102
Looking from head to toe: The physical examination	102
Explaining X-rays and Scans	104
Exposing the benefits of an X-ray	105
Seeing more with a scan	105
Backing Up a Diagnosis with Biopsies and Blood Tests	106
Taking tissue for a biopsy	106
Testing your blood	106
Taking Other Tests on the Road to Diagnosis	108
Joint aspiration	108
Arthroscopy	109
Genetic testing	109
Urine testing	110
<b>Chapter 8: From Aspirin to Steroids: Medicines for Arthritis</b>	<b>111</b>
Talking to Your Doctor	111
Uncovering Specific Medicines for Specific Types of Arthritis	112
Fighting pain with analgesics	113
Swallowing non-steroidal anti-inflammatory drugs (NSAIDs)	116
Taking corticosteroids	122
Dealing with disease-modifying antirheumatic drugs (DMARDs)	124
Benefitting from biologic response modifiers (BRMs)	129
Looking at Other Drugs	131
Going for drugs for gout	131
Fighting bacteria with antibiotics	132
<b>Chapter 9: Cuts That Cure: Surgeries for Arthritis</b>	<b>135</b>
Knowing What to Ask Your Doctor Before Undergoing Surgery	136
Looking At Different Kinds of Joint Surgery	137
Synovectomy: Removing a diseased joint lining	138
Osteotomy: Cutting and resetting the bone	139
Arthrodesis: Fusing the bone	139
Arthroplasty: Replacing the joint	140
Autologous chondrocyte implantation:	
Transplanting cartilage	144
Getting Ready for Surgery	145
Getting yourself into the best possible physical shape	145
Arranging adequate post-operative care	146
Finding someone to handle your responsibilities	146
Resolving financial and insurance matters	146
Making a recovery plan with your doctor	146



**Chapter 10: Overcoming the Ouch:  
Strategies for Pain Management .....149**

Understanding Arthritis Pain.....149  
 Differentiating between Acute Pain and Chronic Pain .....150  
     Breaking the pain cycle .....151  
     Dealing with chronic pain.....151  
     Understanding the role of your treatment team .....152  
 Relieving Pain with Non-invasive Therapies .....153  
     Applying heat .....154  
     Applying cold .....155  
     Washing away pain with water therapy.....155  
     Trying topical pain relievers .....157  
     Manipulating the joints.....157  
     Helping the joints with splints and supports .....158  
     Magnetising the pain.....159  
     Transmitting a tingle with TENS.....160  
 Taking Pain Relief to the Next Level .....160  
     Medicating the pain away .....160  
     Undergoing surgery.....161

***Part III: Is Complementary Medicine for You? ..... 163***

**Chapter 11: Exploring Complementary Medicine .....165**

Understanding the Many Faces of Complementary Medicine .....166  
 Easing Arthritis through Complementary Approaches .....167  
 Finding a Reputable CAM Practitioner .....169  
     Checking credentials and qualifications .....169  
     Identifying false claims .....170  
 Working with Your Doctor.....172  
 Figuring Out whether Complementary Medicine Is for You .....173

**Chapter 12: Discovering Herbs and Homeopathy .....175**

Digging into Medicinal Herbs .....175  
     Investigating herbal applications .....176  
     Exploring the difference between a herb and a drug .....177  
 Getting the Low-down on Herbs for Arthritis.....178  
     Applying anti-inflammatories.....180  
     Reining in rheumatoid arthritis with antirheumatics .....182  
     Sedatives and muscle relaxants .....183  
     Pain relievers .....183  
 Stimulating Your Body to Heal Itself with Homeopathy.....185  
     Determining remedies according to your symptoms .....186  
     Discovering homeopathic remedies .....187  
     Determining how to take a remedy .....188  
     Homing in on homeopathic remedies for arthritis .....189  
     Finding homeopathic help .....191

**Chapter 13: Making the Most of Hands-On Healing Methods . . . . .193**

Unblocking the Energy Flow: Eastern Hands-On Healing Methods .....	194
Pinpointing the pain with acupuncture .....	194
Pressing your buttons with acupressure (shiatsu).....	196
Restoring healing energy with Reiki.....	197
Realigning and Releasing Tension: Western Hands-On Healing Methods.....	198
Realigning the spine with chiropractic.....	198
Rubbing away muscle tension with massage .....	200
Promoting energy balance with polarity therapy .....	203
Relieving pain and encouraging healing with reflexology.....	204
Transmitting healing energy through touch therapy .....	205

**Chapter 14: Other Complementary Approaches . . . . .207**

Breathing In the Healing: Aromatherapy.....	207
Delivering good scents .....	208
Sniffing out how to get aromatherapy .....	208
Fighting Pain with Bee Venom Therapy .....	208
Being stung in a good cause.....	209
Bee-ing aware of the benefits .....	209
Applying bee balm.....	209
Mesmerising the Pain with Electromagnetic Therapy .....	210
Patching up the pain .....	210
Going with the flow .....	211
Picking up your electromagnetic patches.....	212
Finding Out about Food Intolerance.....	212
Getting tested for intolerance .....	212
Covering the controversy.....	212
Fighting Arthritis with MSM.....	213
Using MSM.....	213
Getting MSM.....	214
Whirling the Pain away with Hydrotherapy .....	214
Understanding hydrotherapy .....	214
Finding a good hydrotherapist .....	215
Peering into the Possibilities of Prolotherapy .....	215
Fighting inflammation with inflammation .....	215
Getting your sugar-water fix .....	215

**Part IV: The Arthritis Lifestyle Strategy .....217****Chapter 15: Fighting the Pain with Foods and Supplements . . . . .219**

Finding Foods That Heal .....	220
Managing RA Mediterranean-style .....	222
Using omega-3s and omega-6s to fight arthritis pain and inflammation .....	224
Supporting your joints with Cod-Liver Oil (CLO).....	225
Getting a grip on arthritis with green tea.....	227

Avoiding Foods That May Be Trouble .....227

Saving Your Joints with Supplements.....229

    What you need to know before taking supplements .....230

    Fighting damaging oxidants and free radicals .....230

    Warding off OA with boron.....232

    Lowering homocysteine with folic acid,  
    vitamin B6 and vitamin B12.....232

    Fighting OA and RA with vitamin D.....232

    Pumping up cartilage with collagen hydrolysate.....233

    Combating Raynaud’s with niacin.....233

    Zapping RA and psoriatic arthritis with zinc.....234

Relieving Arthritis Symptoms with Other Nutritional Substances.....235

    Alleviating inflammation with aloe vera.....235

    Battling inflammation with bromelain .....235

    Curtailing the pain with capsaicin .....236

    Guarding your joints with grapeseed extract .....236

    Fighting disease with flaxseed oil.....237

    Giving OA pain the boot with ginger.....237

    Treating OA with glucosamine sulphate  
    and chondroitin sulphate .....238

Looking at a Possible Link between Lupus and Food .....239

**Chapter 16: Oiling Your Joints with Exercise . . . . .241**

Reaching Different Goals with Different Exercises.....241

    Building cardiovascular endurance .....242

    Strength training.....244

    Increasing flexibility.....245

Easing Joint Pain with Exercise .....246

    Stretching your neck.....246

    Stretching your hand and wrist.....247

    Extending your shoulder and arm .....247

    Stretching your side.....248

    Lifting your lower back and pelvis.....249

    Stretching your hamstrings .....250

    Doing mini sit-ups.....251

    Extending your hip and back leg.....252

    Rotating your ankle.....253

Using Yoga to Ease Arthritis Pain.....253

    The snake .....254

    The cat.....255

    The pretzel .....256

    Knee-to-chest stretch.....256

    The spinal twist .....257

    The child’s pose.....257

Doing Chair Exercises to Save Your Joints .....258

    Chair marching .....258

    Chair running .....258

    Chair dancing.....259

    Chair fencing.....260

Maximising the Healing Effects of Exercise .....	260
Designing Your Workout Programme .....	262
Considering the basic game plan .....	263
Figuring out if you're working hard enough.....	264
Taking it easy! .....	265
Finding a good class.....	266
<b>Chapter 17: Protecting Your Joints through Good Posture and Movement .....</b>	<b>267</b>
Believing in Biomechanics .....	267
Waxing Ergonomic at Your Workstation.....	269
Standing Tall: Body Alignment .....	270
Focusing on feet.....	270
Bending your knees – just a bit!.....	272
‘Unswaying’ your lower back.....	273
Relaxing your shoulders.....	273
Holding your head high .....	274
Putting the posture points together .....	274
Reducing Joint Stress with the Right Stride .....	275
Saving Your Joints When Hitting the Hay.....	277
Lifting without Losing It .....	277
<b>Chapter 18: Controlling Your Stress, Aggression, and Depression .....</b>	<b>279</b>
Understanding Why You Hurt More Than You Have To.....	280
Ratcheting up the pain with stress .....	280
Increasing pain the ‘A’ way.....	281
Heightening pain when you're feeling low .....	282
Discovering the Healing Power of Positive Thinking .....	285
Relaxing the pain away through biofeedback.....	286
Quieting your mind with meditation and programmed relaxation.....	287
Moving to a stress-free place through guided imagery and hypnosis .....	287
Controlling your breathing.....	288
Using cognitive behavioural therapy.....	288
Laughing your way to relaxation.....	288
Forgetting all about it.....	289
Easing Depression and Anxiety with Prayer and Spirituality.....	289
<b>Chapter 19: Living with Arthritis Day-to-Day .....</b>	<b>291</b>
Taking Care of You .....	291
Working with an occupational therapist .....	292
Conserving your energy .....	292
Getting a good night's sleep.....	293
Holding on to your sex life .....	294

Finding an Easier Way to Get through the Day.....295  
     Simplifying your household .....295  
     Making household cleaning easier .....297  
     Using assistive devices .....298  
     Getting help from other people .....299  
 Joining an Arthritis Support Group .....299  
     Finding help and hope through the group .....300  
     Locating a support or self-help group .....300  
 Dealing with Arthritis in the Workplace.....300  
     Easing the pain when you work.....301  
     Applying for disability benefits .....301

***Part V: The Part of Tens .....303***

**Chapter 20: Ten Tips for Travelling with Arthritis .....305**

Talking to Your Doctor .....305  
 Reviewing Your Medications and Supplements .....306  
 Preplanning to Reduce Stress.....307  
 Eating Wisely and Well.....307  
 Exercising, Even though You're on Holiday!.....308  
 Using Joint-protection Techniques .....308  
 Using Assistive Devices.....309  
 Renting an Arthritis-friendly Car.....309  
 Flying with Finesse.....310  
 Taking a Test Run .....310

**Chapter 21: Ten Drug-Free Ways to Reduce Pain and Stiffness . . .311**

Mastering Your Mattress.....311  
 Taking Regular Exercise .....312  
 Eating Well.....313  
 Considering Hydrotherapy .....313  
 Losing Excess Weight .....314  
 Keeping Warm .....314  
 Wielding a Stick .....314  
 Wearing a Copper Bracelet .....315  
 Using Magnetic Patches .....315  
 Selecting Supplements .....316

**Chapter 22: Ten Professionals Who Can Help You Fight Arthritis .....317**

Primary Care Physician.....317  
 Rheumatologist .....318  
 Pharmacist .....319  
 Physiotherapist .....319  
 Occupational Therapist.....320

Registered Dietitian or Nutritionist .....	320
Social Worker .....	321
Chiropractor .....	321
Mental Health Professional .....	321
Massage Therapist .....	322
<b>Chapter 23: Ten Crackerjack New Treatments .....</b>	<b>323</b>
Anti-TNF Drugs for Rheumatoid Arthritis .....	323
Rituximab for Rheumatoid Arthritis .....	325
The ‘Mini-Open’ Surgical Technique for Carpal Tunnel Syndrome.....	325
Etoricoxib for RA, OA, and Gout .....	326
Bosentan for Scleroderma .....	327
MMF for Lupus-Related Kidney Problems .....	328
Cartilage Self-Transplants and Tissue Engineering .....	328
Glass Therapy to Repair Bone and Treat RA .....	329
Therapeutic Tape for Osteoarthritis Pain .....	330
Improvements in Hip Replacement Materials and Techniques .....	330
<b>Part VI: Appendixes .....</b>	<b>333</b>
<b>Appendix A: Glossary .....</b>	<b>335</b>
<b>Appendix B: Resources .....</b>	<b>343</b>
Organisations.....	343
Acupuncture/Acupressure .....	343
Alexander Technique .....	343
Alternative and Complementary Medicine .....	343
Aromatherapy .....	344
Arthritis Information and Management.....	344
Chiropractic .....	345
Disability and Assistive Information .....	345
Feldenkrais Method .....	345
Help for Caregivers.....	346
Herbalism .....	346
Homeopathic Medicine.....	346
Hypnotherapists .....	346
Massage Therapists .....	347
Medical Societies .....	347
Naturopathic Medicine .....	347
Nutritional Counselling.....	347
Osteopathy .....	348
Pain Management .....	348
Polarity Therapy.....	349

Psychotherapy.....349  
Reflexology.....349  
Reiki.....349  
The Trager Approach.....349  
Information Sheets from Arthritis Care.....349

**Appendix C: Weight Loss and Management Guide .....351**

Figuring Out Whether You're Too Heavy .....351  
Losing Weight the Safe and Healthy Way .....353  
    Aiming for long-term benefits .....354  
    Eating fruits and vegetables.....354  
    Limiting your intake of certain foods .....354  
    Using psychological strategies .....355  
    Understanding that losing weight is not just what you eat .....355  
    Eyeballing those portions .....356

***Index.....357***





# Introduction

---

**W**hether it appears as a bit of creaky stiffness in the hip or knee or as a major case of inflammation that settles in several joints, arthritis is an unwelcome visitor that knocks on just about everyone's door sooner or later. Although no out-and-out cure for arthritis exists, there are many techniques for *managing* this disease – that is, controlling its symptoms so you can get on with your life! Arthritis does *not* mean you must spend your days relegated to a rocking chair or shuffling from your bed to an armchair and back again. Most of the time, you can take charge of your disease instead of letting it take charge of you. By following the simple techniques outlined in this book, you can do much to control your pain, exercise away your stiffness, keep yourself on the move, and slow down or prevent progression of your disease. All you need to manage your disease is a little know-how – and you can find that in these chapters.

## *About This Book*

The goal of this book is to provide you with the best and most up-to-date information on arthritis treatments in an easy-to-read format that you can simply thumb through. The best-of-the-best of many different healing systems are included – ranging from standard Western medicine (including medications and surgery), to Eastern hands-on healing methods (including acupuncture, acupressure, and reiki), to alternative therapies (including homeopathy, herbs, methylsulphonylmethane (MSM), glucosamine, and even far-out approaches such as bee venom therapy). You can read this book straight through from cover to cover if you like, but it's not necessary. Reading the first chapter as an introduction is worth your while, then you can home in on the description of your particular kind of arthritis, found in Chapters 2, 3, 4, or 5. After that, feel free to flip through the book and read whatever catches your fancy.

Because arthritis impacts your life in so many different ways, different chapters address the many complex issues you may face, including the technical aspects of arthritis (tests, medicines, and operations), the practical aspects (diet, exercise, and day-to-day living), and the emotional aspects (depression and anger). You can also find tips on how to assemble your health-care treatment team, how to talk to your doctor, and what to do about chronic pain.

## *Foolish Assumptions*

This book makes certain educated guesses about you. Rightly or wrongly, this book assumes that:

- ✔ You either have arthritis yourself or you're close to someone who has it.
- ✔ You're interested in finding out more about arthritis and its treatments.
- ✔ You want to do something to ease arthritis pain and other symptoms.
- ✔ You want to play an active part in managing the disease, rather than just going along with whatever your doctor tells you.
- ✔ You're interested in finding out about some alternative ways to treat arthritis.
- ✔ You want to find out how to handle the emotional issues that go hand-in-hand with the disease.

## *How This Book Is Organised*

The organisation of *Arthritis For Dummies* is meant to correspond with the way that you may experience arthritis in your daily life. When you first realise that you have arthritis, you probably want to know what it is, what the common symptoms are, and what you can expect as the disease progresses. The next step is to visit your doctor for tests. Then, medicines are prescribed, pain-management strategies discussed, and surgery (if applicable) is contemplated as a last resort.

After you make it through all that, you go back to living your life. Suddenly, the everyday things you used to take for granted become important parts of your arthritis management, such as diet, exercise, and the way you use your joints. Stress and depression are new and confounding problems, and getting through the day is often a tougher prospect, both physically and mentally, than it was before.

Eventually, you may start wondering about alternative healing methods and have an urge to explore them. And, you may become curious about certain superfoods that can help ease arthritis symptoms and what cutting-edge medical treatments are on the horizon. This book answers all your questions.

---

## ***Part I: Getting a Grip on Types of Arthritis***

These five chapters give an overview of arthritis in its many forms – the symptoms, disease processes, causes, and likeliest victims. Chapter 1 discusses arthritis in general, Chapter 2 tackles osteoarthritis (the type of arthritis that most people get), Chapter 3 explains rheumatoid arthritis (another fairly common kind of arthritis), Chapter 4 discusses the other forms the disease may take, and Chapter 5 is dedicated to other conditions that are linked to arthritis. This part also explains what doctors do for each type of arthritis and what you can do for yourself.

## ***Part II: Tests and Treatments: What to Expect***

Chapters 6 to 9 walk you through the maze of medical treatments, beginning with a trip to the doctor's office. This part explains how doctors diagnose the many forms of arthritis and discusses the high-tech and low-tech tests they may use. Equally important, this part shows you how to work with your doctor to make your treatment decisions. Chapter 8 outlines the medicines you may take, and Chapter 9 explains the operations that are applicable. Finally, Chapter 10 thoroughly explains the strategies you can use for managing pain.

## ***Part III: Is Complementary Medicine for You?***

Alternative medicine is now incredibly popular, and scientific studies are beginning to show that many of these methods have merit. This part discusses the most popular complementary therapies for arthritis including massage, herbs, homeopathy, acupuncture, reflexology, and others. Part III also provides tips on finding a reputable alternative practitioner and identifying false claims.

## ***Part IV: The Arthritis Lifestyle Strategy***

Many of the keys to arthritis management lie in the little things you do every day, such as what you eat, the kind and amount of exercise you get, and how you use your joints. This part tells you how to fight arthritis pain through

diet and supplements; how to keep your joints in shape through exercise; how to protect your joints by walking, sitting, and moving correctly; and how to deal effectively with depression and anger. Part IV also provides loads of tips on how to make day-to-day living with arthritis easier.

## *Part V: The Part of Tens*

This part divides some of the key information on managing your arthritis into lists, each containing ten ‘information bites’. These information bites include ten tips for travelling with arthritis, ten drug-free ways to manage the pain and stiffness of arthritis, ten health professionals that can help you fight arthritis, and ten new treatments for arthritis that you may not have heard about yet.

## *Part VI: Appendixes*

Appendix A contains a glossary of arthritis terms to help keep you straight as you wend your way through the information in this book. Appendix B lists lots of interesting organisations that may help you find the treatment you seek. This appendix gives detailed information on the foundations associated with most kinds of arthritis or arthritis-related conditions, as well as major medical and complementary associations so you can request practitioner referrals or more information. Information on support groups is also included in Appendix B. Appendix C discusses strategies for losing weight the safe and healthy way, because getting rid of extra pounds is one of the best things you can do for your weight-bearing joints.

## *Icons Used in This Book*

The icons tell you what you must know, what you need to be aware of, and what you may find interesting but can live without.



The Medical Speak icon marks a more in-depth medical passage or gives you further information about confusing medical terms.



When you see this icon, it means that the information is essential, so pay attention to it.



This icon marks important information that can save you time and energy.



The Warning icon cautions you against potential problems.

## *Where to Go from Here*

Someone once said, 'Knowledge is power.' You have the power to take charge of your arthritis; all you have to do is educate yourself and apply what you discover. This book is a good place to start, but you have to commit and recommit yourself to maintaining your health on a daily basis. Remember, the little things you do every day are what count. As you embark on your journey, may the universe grant you luck, strength, and many active, pain-free years!

