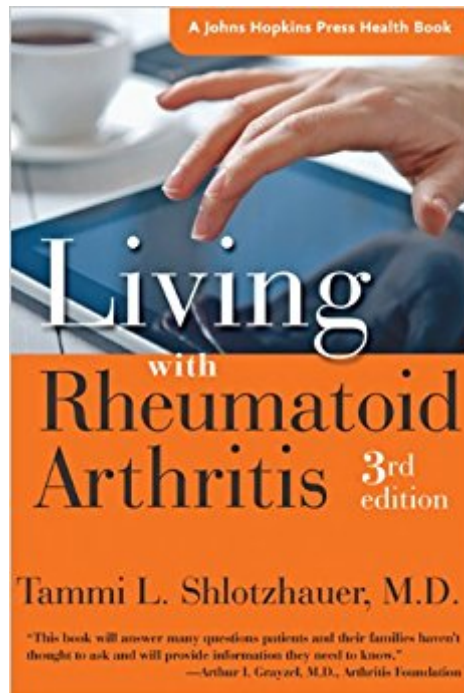




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Living With Rheumatoid Arthritis (A Johns Hopkins Press Health Book)



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

"An indispensable book for sufferers of rheumatoid arthritis and their families... In addition to

explaining the causes, symptoms, and treatment options for people who have rheumatoid arthritis, Dr. Shlotzhauer offers practical approaches for managing 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." (Robin Wulffson Examiner.com)"Any who have rheumatoid arthritis... will find this a powerful guide." (California Bookwatch)

" Living with Rheumatoid Arthritis will answer many questions patients and their families haven't thought to ask and provide information they need to know." (Arthur I. Grayzel, M.D., Senior Vice President for Medical Affairs, Arthritis Foundation)"A well-written and comprehensive book that will be a valuable resource for patients with rheumatoid arthritis who are highly motivated to learn more about their disease. I will recommend it with enthusiasm to my patients." (James R. O'Dell, M.D. Arthritis and Rheumatism)"Painful and prevalent, rheumatoid arthritis afflicts more than three million people in the United States alone. This guide makes coping with and understanding the disease easier by outlining its causes, symptoms, diagnosis, and treatments. The book also suggests exercises and gives advice on dealing with the pain and change in lifestyle arthritis causes." (Science News)

This is a phenomenal book about Living with Rheumatoid Arthritis. A very appropriate title. The book explains everything from diagnosis to how to live as well and full a life as you want to have. You can have the best Rheumatologist doctor on your case, as I do, but to have this very well written book as your primer to this disease will help you to help yourself in every aspect of your life. The book explains medications, exercises for the body and mind, nutrition, ways to eat to fight inflammation, supplement guides as well as surgical procedures.

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. Similarly, I've read descriptions of the various DMARDS and biologics on lots of websites, but here they are tidily packaged in one place, and the author has included a table of side effects (with their frequency of incidence) for each one. I could've printed all of this out from the internet, but this is a nice, and seemingly very complete, set of information for me to bring to my doctor visits. About the only thing missing from this book that I personally find really vital to my own choices in treatment options is information about costs. Yes, our system tends to rely upon insurance companies to pay for imaging and treatments (for those of us lucky enough to have good, comprehensive insurance), but that also means sometimes the insurance company's idea of the best first treatment for me might be based upon cost as opposed to outcomes. Knowing the cost of various tests and treatments helps me evaluate whether there might be a money motive I should know about. Consumer Reports did a report on biologics for RA in March 2013, and that document includes prices for those treatments. Elsewhere on the internet, I found a chart "Comparison of Musculoskeletal Imaging Modalities" in a scientific paper that offers a quick overview of Cost, Accuracy, Risk (radiation exposure) and Time (to do the procedure) for Radiography (X-Ray), Ultrasonography, MRI and CT scans. I realize costs vary wildly by geographic region, and the data would go out of date, but the RELATIVE costs are very important to know, and the variations in costs between medical establishments, even in the same geographic area, are frankly offensive when sick and injured people can't easily compare costs between institutions. My least favorite part of this book is the tone of the "Coping with Emotions" chapter. All of the information given is sound, but the author's tone got just a little too "self help book" for me in that section. Admittedly, I'm more data driven and I don't enjoy self-help books. I was also looking for physical/medical advice when I borrowed this book. No doubt the emotional component is vitally important for successful management of an autoimmune disease, but reading about it now (without a diagnosis) just made me kind of grumpy as I think I'd rather not think about it! Other useful sections of the book that I wanted but didn't know for sure I would find therein were:* alternative and complementary

therapies* diet (including discussion of gluten-free, Mediterranean, paleo)* financial issues (insurance issues, medication costs issues)* travel with RA I'm grateful that this book was available at my local public library, and it was an easy decision to spend my own few dollars to purchase the Kindle version. If I find any issues with the formatting in the electronic version, I'll update my review. The paperback version was well-formatted and a great reference. The weight of the heavy (trade paperback size) book did present a reading challenge for me with the current state of my hand and wrist pain, however.

A must read before you meet with your Rheumatologist, so that you can be informed and share responsibility for designing the best treatment regimen for you.

Probably the best fact related book about RA. I wish it had been a bit less on the depression part but all in all a good reference book for those with RA and those who have loved ones with RA.

As a newly diagnosed RA patient, this was my favorite book out of the several I consumed looking for information. Very knowledgeable and easy to read, it addressed questions I had and several I hadn't thought of yet. I liked that it also gave opinions on alternative treatments and what research there was, whether it looked promising or skeptical. Highly recommend.

This is a good introductory book with very practical information on all aspects of RA. It has useful resources and it's well organized and written in language anyone can understand. It's a good place to start.

A good basic covering of the facts in life with RA, its symptoms and treatments. Kind of like what you would hope for if you were able to have several good long talks with your doctor. Clearly written by an experienced practitioner, with a lot of useful information but not too much medical jargon to lose the layman. As I move through my treatment, I find myself retuning to it to refresh on the medicines and other information, and pick up more of the detail. Not the last book I will buy on deal with my RA, but I am glad it was one of the first.

I was diagnosed with RA 5 years ago and am sorry I didn't find this book sooner! It answered many of my questions and also helped calm many of my anxieties about my RA. I am also well prepared for my next visit to the rheumatologist!

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