

ARTHRITIS

WORSENING SYMPTOMS



Hammersmith and Fulham 
Primary Care Trust

info Prescription



Your name:

Your diagnosis:

Your Doctor/Nurse/Pharmacist's name:

WORSENING SYMPTOMS

You have just been told your arthritis has got worse


This Info Prescription tells you about places you can go to get more information and support.

TEAR ALONG HERE

Things can seem frightening when your arthritis gets worse. This handout gives you a list of organisations and people who are **here to help you**. Keep hold of it as you might want the information in the future.



Make sure you understand what your doctor has told you and what you can do to help yourself. If you have any other questions, you can **phone the Arthritis Care Helpline**.

 On the back of this handout, you can also find ways to get **support from other people with arthritis** who have been through similar experiences.



For answers to your frequently asked questions visit www.infoprescription.org.uk

Patient Name _____

Patient ID No. _____

Date _____



MORE INFORMATION AND HELP:

Get friendly support:

Arthritis Care Helpline

Phone free for a confidential chat (in up to 150 different languages)



0808 800 4050 (weekdays 10am–4pm)



helplines@arthritiscare.org.uk

Arthritis Care, 18 Stephenson Way, London NW1 2HD

Get more information and local support:



www.infoprescription.org.uk

Chat to people online and learn about arthritis:



www.arthritiscare.org.uk

Go on a free course to help you manage your condition:

Expert Patients Programme



020 8846 6803

If you need support in your own language contact CITAS Advocacy:



0208 600 3830

Get information about prescription pre-payment certificates:



0845 850 0030



www.ppa.nhs.uk

**If you don't have access to the internet at home,
visit your local library for free access and help.**

