

Books to help you manage your arthritis 1

There are many books about arthritis, some excellent but others misleading or inaccurate. The books listed in this factsheet have been found useful by both Arthritis Care's helplines and information teams. These books can be ordered from bookshops, libraries or from online retailers. We have listed the ISBN number so you can find them more easily.

Remember that books can help you to make the best use of professional advice, but are not a substitute for it.

Please note: this list is provided for information only. Arthritis Care does not stock these books except where mentioned.

General

Arthritis: Improve Your Health, Ease Pain, and Live Life to the Full

A comprehensive overview of all types of arthritis, the treatments, and how you can live with the condition. It also includes exercises.

Publisher: Dorling Kindersley, 2006

ISBN: 140531057X

Arthritis: Your Questions Answered

This question-and-answer guide helps you to find out about your type of arthritis, the treatments available, and how to help yourself.

Publisher: Dorling Kindersley, 2007

ISBN: 1405317728

Living With Arthritis

An overview of living with arthritis, mainly focused on psychological techniques to help you live with the condition.

Author: Julie Barlow

Publisher: Blackwell Publishing, 2009

ISBN: 978-1405108102

Self-management

Arthritis: Practical, In-Depth Information to Help You Manage Your Arthritis

The new British edition of the internationally bestselling book provides clear, practical and up-to-date information on arthritis to help people understand and control the condition.

Author: Dr John Marcus Thompson

Publisher: Class Publishing, 2004

ISBN: 1-85959-106-X

Managing Your Arthritis: A Book Full of Ideas for Helping You Manage Your Arthritis Effectively

Looks at the different types of arthritis, diagnosis and treatment. Provides information on the different types of drugs, side effects and other ways to address the symptoms of arthritis.

Author: Mary Ann Dunkin

Publisher: Class Publishing, 2005

ISBN: 1859591213

Books to help you manage your arthritis 2

The Arthritis Helpbook: A Tested Self Management Programme for Coping With Arthritis and Fibromyalgia

The basis of Arthritis Care's self-management programme Challenging Arthritis. Provides general information on different types of arthritis, with detailed hints, tips and action plans for self-management. Exercises and drugs for arthritis are also discussed.

Authors: Kate Lorig & James Fries

Publisher: Perseus Books, 2006

ISBN: 0738210382

Complementary therapies

Arthritis: The Complete Guide to Relief Using Methods That Really Work

Provides an overview of the conventional and alternative treatments to treat arthritis, looking at the theory behind them and if they work in practice. This book provides a useful overview but is not the final word on all treatments available.

Author: Arthur C Klein

Publisher: Robinson, 2005

ISBN: 1845290739

Alternative Treatments for Arthritis: An A-Z Guide

Provides an overview of complementary therapies for arthritis, the scientific evidence and side effects, so people with arthritis can make a judgement about what complementary therapies might suit them. This is an American book, so there may be some international variations.

Author: Dorothy Foltz-Gray

Publisher: Arthritis Foundation, 2005

ISBN: 0912423471

Lifestyle and arthritis

Living a Healthy Life With Chronic Conditions

This book covers long-term conditions such as heart disease, diabetes, emphysema, asthma, and arthritis. Information in this book was gathered in a five-year study at Stanford University. It discusses how people with chronic conditions can 'achieve the best possible life under the circumstances'. There are sections on exercise, nutrition, intimacy and the power of the mind to manage symptoms.

Authors: Kate Lorig et al

Publisher: Bull Publishing Company, 2006 (3rd ed.)

ISBN: 0923521534

Diet and Arthritis: A Comprehensive Guide to Controlling Arthritis Through Diet

An easily understood guide to diet and arthritis. It examines the evidence and explores the myths.

Authors: Gail Darlington and Linda Gamlin

Publisher: Ebury Press, 1998

ISBN: 0091816599

Exercise Beats Arthritis: An Easy to Follow Programme of Exercises

Includes warm-up and cool-down routines and easy exercises for backs, hips, knees, arms, hands and feet.

Authors: Valerie Sayce and Fraser Ian Fraser

Publisher: Thorsons, 1999

ISBN: 0923521453

Books for families with children with arthritis

Kids With Arthritis: A Guide for Families

This handbook brings together information about organisations who may help families of children with arthritis. Topics include money issues, getting help at school, coping with daily exercises, home therapies and family issues. Especially good for families of newly diagnosed children.

Author: Carrie Britton

Publisher: Choices, 2004

ISBN: 0954428307

A Welsh bi-lingual book is also available (ISBN: 0954428323)

Available from Arthritis Care

Your Child With Arthritis: A Family Guide for Caregiving

This manual is designed to help parents and other family members with the challenging task of raising a child with arthritis. It offers detailed descriptions of the common forms of arthritis that affect children, and provides discussions of symptoms, diagnoses, and medical and other treatments.

Authors: Lori B. Tucker, Bethany A. DeNardo, Judith A. Stebulis, Jane G. Schaller

Publisher: The Johns Hopkins University Press, 2000

ISBN: 0801865344

Carers

Caring for Someone With Arthritis (revised edition)

Aimed at someone who is either caring or considering caring for a person with arthritis. It raises the practical and personal issues involved. Co-published with Arthritis Care.

Author: Jim Pollard

Publisher: Age Concern & Arthritis Care, 2003

ISBN: 0862423732

Books to help you manage your arthritis 4

Where can I get more information and support?

Arthritis Care is the UK's largest charity working with and for all people who have arthritis.

We are here to help you make positive choices through our information, website, self-management training, and professional helpline. Call the free helpline for confidential support on 0808 800 4050 (10am-4pm weekdays) or email: Helplines@arthritiscare.org.uk

You can find support from others with arthritis by joining our online discussion forums.

We rely on donations to fund our vital work in supporting people living with arthritis. If you would like to make a contribution, please phone us on 020 7380 6540 or you can donate online.

www.arthritiscare.org.uk

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Note

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Contact us

For confidential information and support about treatments, available care and adapting your life, contact the Arthritis Care Helpline

Freephone: 0808 800 4050

10am-4pm (weekdays)

Email: Helplines@arthritiscare.org.uk

For information about Arthritis Care and the services we offer, contact us at: **www.arthritiscare.org.uk**

You can also talk to other people who are living with arthritis, through the discussion forums on our website.

Arthritis Care UK office and England regional services:

Tel: 020 7380 6500

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