



## Winning with Arthritis (Wiley Science Editions)

*Harris H. McIlwain, Debra Fulghum Bruce, Joel C. Silverfield, Michael C. Burnette*

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If you are among the 35 million who suffer from arthritis, this book could change your life!... The authors have helped thousands overcome the debilitating effects of arthritis. Now these experts share their time-tested program with the rest of us. Covering the various types of arthritis, the program helps you understand your arthritis and take control of your illness with a basic treatment plan tailored to your specific problem. Leaving no stone unturned, they thoroughly cover every form of treatment, including traditional and nontraditional treatments, as well as future breakthrough medications and therapies. Also included are complete and up-to-date listings of resource organizations and support groups. "The suggestions and wisdom given in *Winning with Arthritis* are incomparable. This book will certainly become a classic..." —H. Kenneth Walker, M.D., Professor of Medicine, Emory University School of Medicine "...a positive approach for arthritis sufferers that is accurate, thorough, and enjoyable. The authors combine a balanced presentation of new research findings with many practical suggestions to help readers to WIN with arthritis." —Carol A. Bryant, PhD College of Public Health University of South Florida Praise for the authors' previous books... "Osteoporosis is clearly illustrated, readable, and informative...it may be the best handbook on the subject to date and can be recommended to all." —Annals of the Rheumatic Diseases British Medical Association "The 50+ Wellness Program offers a holistic approach to growing older...a complete guide to mature living that allows you to plan for and enjoy your golden years." —Senior World of California "The 50+ Wellness Program is an enlightening book on the subject of aging gracefully...promotes planning ahead and taking charge of your life." —Elan "Osteoporosis is a valuable resource of information about osteoporosis for the lay reader and the healthcare professional." —P.T. Bulletin

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