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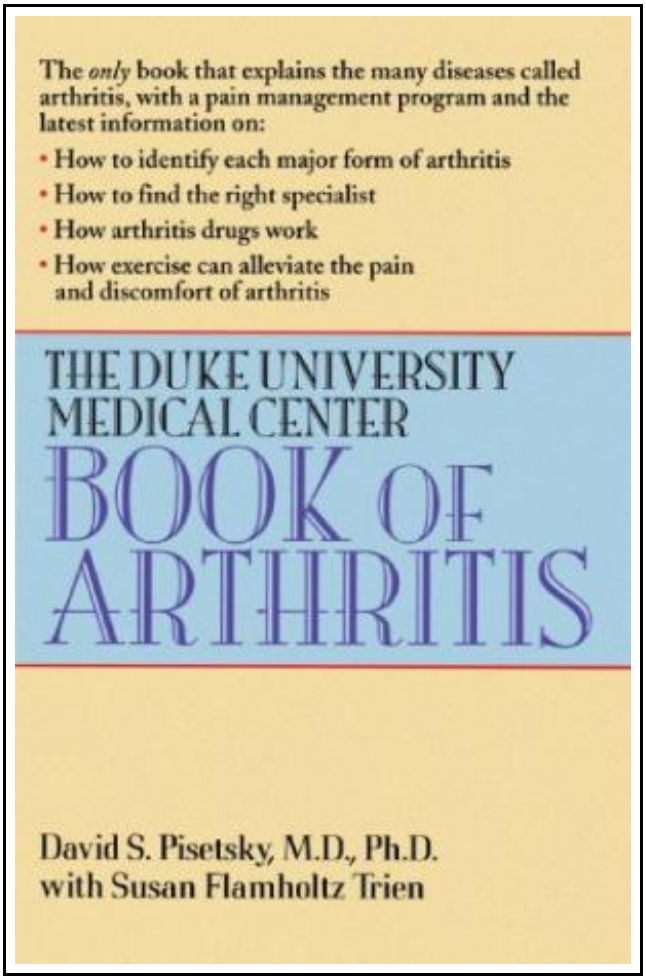

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Reviews

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THE DUKE UNIVERSITY MEDICAL CENTER BOOK OF ARTHRITIS

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Ballantine Books. Paperback. Book Condition: New. Paperback. 420 pages. Dimensions: 8.5in. x 5.6in. x 1.1in.COMPREHENSIVE. . . A USEFUL SOURCE. . . RECOMMENDED. --Library JournalIf you are one of the nearly forty million people in the United States who suffers from some form of arthritis, you are probably confused by the myths and misinformation surrounding the illness. Arthritis is, in fact, not a single malady, but more than one hundred different diseases, each with its own cause, symptoms, characteristic progression, and treatment. Here, at last, from the world-renowned Duke University Medical Center, is an authoritative, complete, and fully up-to-date home reference for arthritis sufferers. It tells you: -- Who gets arthritis, and when-- How to identify arthritic diseases in their early stages-- What to expect at a complete examination-- How to become an active partner with your doctor in keeping your arthritis under control-- The actions and side effects of the primary drugs used to treat arthritis-- How to conduct an exercise program that is right for you-- How to alter your lifestyle and work habits to minimize your discomfortThe Duke Basic Arthritis Program is designed to relieve the symptoms of arthritis and prevent its complications. Taking into account your lifestyle, job, emotional make-up, and physical abilities, the Duke Basic Arthritis Program allows for an individualized treatment program based on the use of nonsteroidal anti-inflammatory drugs, daily rest, physical therapy, good health habits, and adjustments in your daily routines. Packed with up-to-the-minute information and written in a lucid, user-friendly style, this is an absolutely invaluable book for anyone with arthritis. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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