



# Arthritis and You: A Comprehensive Digest for Patients and Caregivers

*Naheed Ali*

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Arthritis is the number one cause of disability in the U.S. with more than 40 million people diagnosed; that number is expected to rise as baby boomers continue to age. Yet few understand what arthritis really is, how it develops, and what sufferers can do to minimize its impact on daily activities and quality of life. Here, Naheed Ali weighs in with insight into the inner workings of arthritis and the treatment options available to patients.

By first defining arthritis, and examining its causes and symptoms, Ali provides readers with the knowledge they need to understand what is going on in their bodies, what they can do if they suspect they have arthritis, and how to prevent it if they don't. He examines the various types of arthritis – from juvenile to rheumatoid and beyond – and the various medical practitioners involved in its diagnosis and treatment. Building on the current medical treatments available, Ali offers information about alternative and natural approaches, as well as lifestyle adjustments helpful in mitigating the symptoms. Whole family approaches that include caregivers and what they can do for their loved ones suffering from arthritis are also discussed. Readers will appreciate the comprehensive and thoughtful approach Ali takes to his topic, and will come away with the tools they need to live well with arthritis.

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