



## Your Family Doctor, Arthritis: Diagnosis and Prevention, Medicines, Self-Management

By Vinod Wadhwa

Wisdom Tree. Paperback. Book Condition: new. BRAND NEW, Your Family Doctor, Arthritis: Diagnosis and Prevention, Medicines, Self-Management, Vinod Wadhwa, Accepting arthritis is not the same as accepting pain. Most patients of arthritis believe there is nothing they can do about the pain that accompanies the disease, and that any exercise of the joint will further worsen it. This handy and effective book dissolves such myths and explains the causes, prevention and management of rheumatoid arthritis, osteoarthritis, gout and osteoporosis. Covering a variety of factors like diet and exercise, this handy book is an eye-opener.



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