



MAY

IS

NATIONAL ARTHRITIS AWARENESS

MONTH



Books dealing with Arthritis:

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Arthritis Action Program
Arthritis Book of Water Exercise
Arthritis Cure
Arthritis Cure Cookbook
Arthritis Sourcebook
Guide to Independent Living
Guide to Managing Your Arthritis
Maximizing the Arthritis Cure



Websites of Interest

Arthritis Foundation

This site contains a wealth of information on arthritis

<http://www.arthritis.org/>

National Institute of Arthritis

Great source of information about current studies and research on arthritis.

Includes patient research registries

<http://www.niams.nih.gov/>

Mayo Clinic On Arthritis

Another valuable site with lots of information about arthritis

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=0009B11F-3898-1B32-82D780C8D77A0000>

Johns Hopkins Arthritis Center

Wonderful, knowledgeable site. One can email an expert with questions about arthritis and its treatment

<http://www.hopkins-arthritis.org/rheumatoid/rheum.html>

