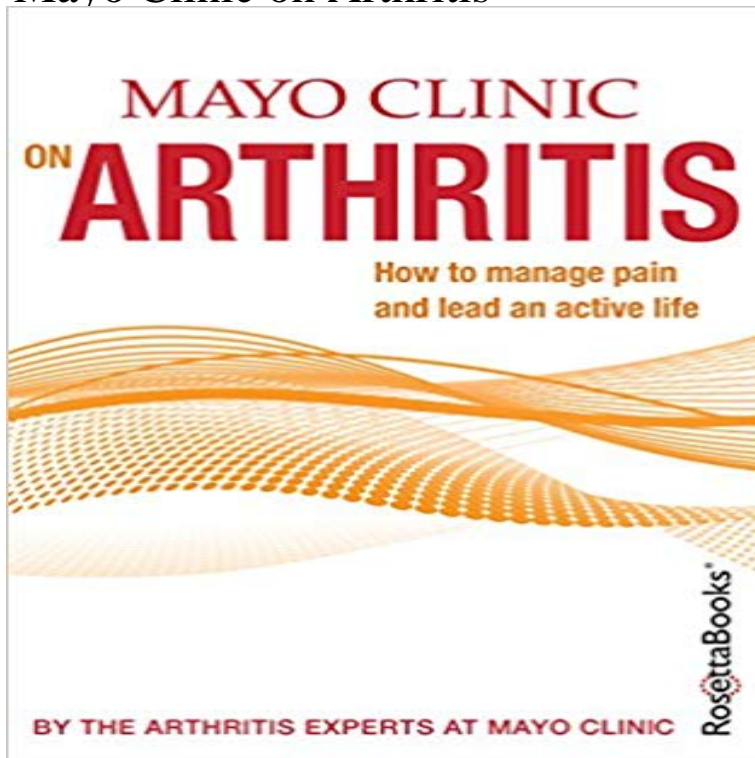


## Mayo Clinic on Arthritis



If you have arthritis, you have lots of company. More than 46 million Americans have it, and it's the No. 1 cause of disability in the U.S. Mayo Clinic wants to help you reduce the pain and disability associated with the two most common forms of arthritis—osteoarthritis and rheumatoid arthritis. How? By sharing with you much of the same practical, state-of-the-art knowledge that our doctors, nurses and therapists use in caring for our patients. Based on medical research and practice, many effective treatment strategies are now available to you. It's all in this eBook, *Mayo Clinic on Arthritis: How to manage pain and lead an active life*. This eBook brings you powerful, potentially life-altering news. If you understand your condition and its treatment options, you can live more productively and more comfortably with arthritis. Put this practical knowledge to use in daily living and quickly see the benefits. This book includes useful information for more than 100 forms of arthritis. Part 1 focuses on osteoarthritis and rheumatoid arthritis. Part 2 covers all the latest treatments, including a medications guide and chapters on joint surgery, pain control, complementary and alternative treatments and promising new therapies. Part 3 offers an in-depth guide to living with arthritis. Mayo Clinic publications have provided arthritis care information to millions of readers. Our doctors, nurses and therapists have provided care to many thousands of patients. Today we'd like to include you in growing the circle of friends who are enjoying the benefits of Mayo-approved arthritis treatments and therapies. When you learn that you have arthritis, you might fear the worst—a life hobbled by pain and disability. *Mayo Clinic on Arthritis* should put those fears to rest by providing you with tools to gain control over the disease. April Chang-Miller, M.D., Medical Editor

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