



## Osteoarthritis (The Facts)

*Nigel K Arden, Elizabeth Arden, David Hunter*

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Osteoarthritis is a common disorder of the joints that affects more than 2 million people in the UK, and studies suggest that this number will double in the next 20 years. The condition is strongly associated with ageing and is believed to affect up to 30% of people over 60 years of age. There are a number of misconceptions surrounding osteoarthritis and this, combined with the lack of effective drug treatments, often leaves patients dispirited and confused about their condition.

Osteoarthritis: The Facts helps patients and their carers better understand their condition with a view towards self-management. The text is designed to be easy to read and is organized into two main parts. Part 1 details what osteoarthritis is, what causes it, who it affects, what the main symptoms are, how it is diagnosed and what the long-term outcome is. Part 2 summarises the current management of osteoarthritis, including the role of exercise, diet, medication, "nutriceuticals",

alternative therapies, and surgery. The book also includes a useful resources section, including information on support groups, websites, and further reading.

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