



I Have Arthritis, Now What?: Ways to Manage Arthritis Pain (Now What Series) (Volume 1)

Kimberly Dixon, Louisa Watrous

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"I Have Arthritis, Now What?" is written by a patient for the patient. It is a self-help guide that encourages patients to take an active role in their treatment by detailing some of the treatment options available and other ways to manage inflammation. Each chapter has questions and answer sections to get the patient involved in the decision making process. It is part of the "Now What?" series. The series take a patient from a diagnosis of arthritis through knee replacement surgery and recovery.

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