



Your Life with Rheumatoid Arthritis: Tools for Managing Treatment, Side Effects and Pain

Lene Andersen

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Your Life with Rheumatoid Arthritis: Tools for Managing Treatment, Side Effects and Pain is the ultimate guide to living well with this chronic, at times debilitating, autoimmune disease. Lene Andersen has 40+ years of living with RA and is working as Community Leader for HealthCentral.com's RA site. She has amassed an almost encyclopedic knowledge of how to manage the many challenges of life with the disease. Your Life with Rheumatoid Arthritis covers medication and treatment options, questions of opioids and addiction, down-to-earth tips to manage side effects, and techniques to control the pain that is often part and parcel of RA. This is an informative, honest and often very funny book. It offers hope, comfort and help to empower both the newly diagnosed and those who have had the disease for years. Your Life with Rheumatoid Arthritis: Tools for Managing Treatment, Side Effects and Pain is the essential companion to creating a good life with rheumatoid arthritis.

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