

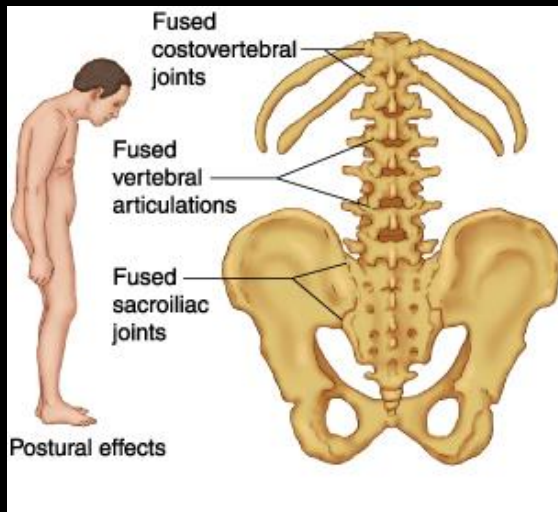
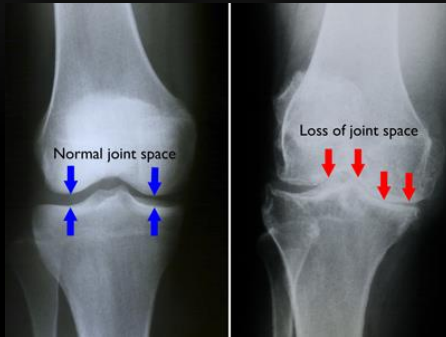
ARTHRITIS

Supporting yourself

Dr Darren Jackson

February 8th 2016

WHAT IS ARTHRITIS?



ACCESSING SUPPORT

- Getting a diagnosis from GP is first step
 - Healthy lifestyle always helps
 - Managing excess weight (NHS services)
 - Managing inactivity (Active lifestyle)
 - Pain relief
 - Speaking to the pharmacist
 - Speaking to your GP
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ONLINE SUPPORT

- www.patient.co.uk
- www.nhs.uk
- www.arthritisresearchuk.org

The screenshot shows the Arthritis Research UK website homepage. At the top left is the logo. A navigation bar includes 'My account', 'My basket', 'Register', and 'Contact us'. A 'Donate' button is also visible. The main content area is divided into several sections: a featured article about weight and arthritis, a 'Latest news' section with three items, an 'Events' section with two items, and a 'Where does it hurt?' section with a human figure diagram. There are also icons for 'Volunteer', 'Talk to us', and 'Shop'.

Arthritis Research UK

My account
My basket
Register
Contact us

Donate >>

Keeping to a healthy weight when you have arthritis can be challenging
Read our tips on losing weight.

Information for:
▶ People with arthritis
▶ Health professionals and students
▶ Researchers
▶ Fundraisers
▶ Policy makers

Cloudy with a chance of pain app investigates link between pain and weather
Scientists are on the verge of working out if the weather affects pain in people with arthritis, all thanks to the public and their smartphones.

Latest news

- Encouraging autonomy and self-regulation can help rheumatoid arthritis patients stay active
01 February 2016
- Study shows long term benefits of golimumab therapy for psoriatic arthritis
29 January 2016
- Vitamin D levels can impact walking recovery after hip fracture
29 January 2016

Where does it hurt?

Turn

Events

- Dog Sledding Challenge
20 February 2016
Drive your own team of huskies through 200kms of beautiful frozen landscapes.
- Great Ireland Run
20 Feb 2016
Held in Phoenix Park, Dublin

Out bacteria could lead to new treatment for inflammatory arthritis
Studying the trillions of bacteria that share our body could lead to treatment for...

Volunteer Talk to us Shop


TELEPHONE HELPLINES

- National Rheumatoid Arthritis Society
 - www.nras.org.uk
 - 0800-2987650

 - Arthritis Care
 - www.arthritiscare.org.uk
 - 0808-8004050

 - CLASH2012
 - Leicestershire Community Arthritis Support
 - 03333-444611
-

SOUND DOCTOR


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We're here to help you take control of your health and get the most out of life.

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Discover the large range of topics and level of detail covered by The Sound Doctor films. Have a taste of what you can expect once you sign up.



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Understanding your condition can help keep you well and out of hospital. It can help you cope effectively at home and give you the confidence to get the most out of life.



Dealing with Dementia

The Sound Doctor, in conjunction with Newcastle University Institute for Ageing has produced a groundbreaking series of films on dementia.