

The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness)

By M.D. Grant Cooper

According to conventional wisdom, arthritis pain is an inevitable part of aging. Not so, says Dr. Grant Cooper in this practical, accessible guide. For those who do develop osteoarthritic conditions, this book offers a blend of commonsense advice, dietary info, targeted exercise, and tips on useful supplements. According to the author, sufferers can often entirely avoid the use of medication, injection therapy, and surgery — approaches that, when necessary, can be used as an opportunity to return to exercise and nutrition to slow the disease's progress. The book features easy, illustrated exercises, including aerobics and strength training, that can be done at home, at a gym, or under a trainer's or physical therapist's supervision. Nutritional and supplement strategies — including glucosamine and fish oil — are presented in detail, along with suggestions for ways to keep on track. Dr. Cooper not only explores each topic in depth but explains how it fits into an overall holistic treatment program.

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About the Author

Grant Cooper, M.D., is a physical medicine and rehabilitation physician who specializes in the care of people with spine, sports, and musculoskeletal problems. He has a special interest in back and joint pain, and has published numerous articles and books in this area. He completed his residency at New York-Presbyterian Hospital, The University Hospital of Columbia and Cornell in New York City, and is currently in the department of orthopedics at Beth Israel Medical Center in New York City. Dr. Cooper has received national and international recognition for his research on the diagnosis and treatment of musculoskeletal disorders. He is the co-editor-in-chief for the journal Current Reviews in Musculoskeletal Medicine.

As the host of "Back Pain Radio" (World Talk Radio), Dr. Cooper emphasized the concept that understanding your health problems and what you can do about them empowers people to make lasting changes for a healthier life. This book is intended to help his readers achieve that goal.

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