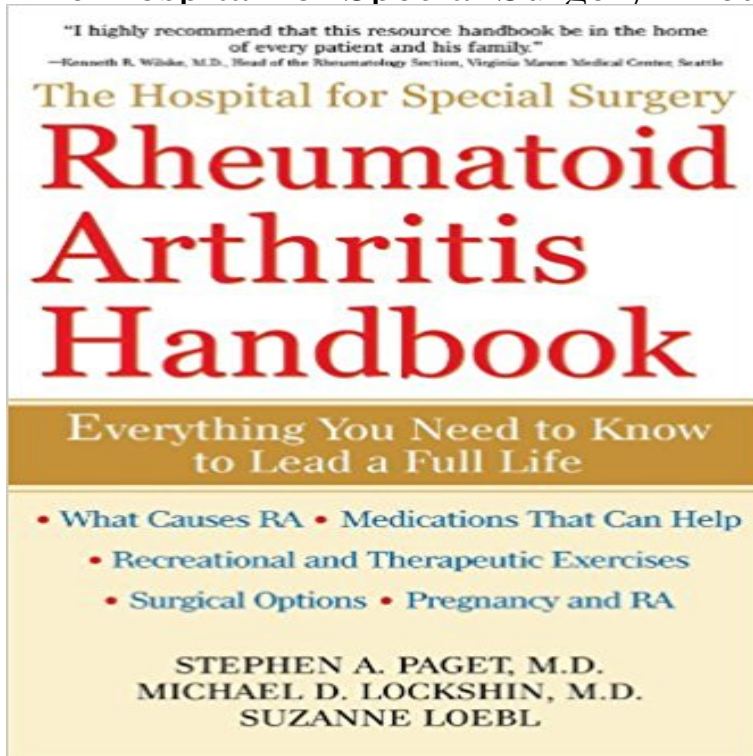


The Hospital for Special Surgery Rheumatoid Arthritis Handbook



This splendid volume is easily understandable, uses real-life situations as examples and is far more up-to-the-minute than other such books. From sexuality to surgery, it offers practical and science-based advice.--Charles M. Plotz, M.D., Editor-in-Chief, Rheuma21st.com

Your complete guide to understanding and living well with rheumatoid arthritis If you or someone close to you suffers from rheumatoid arthritis (RA), this book is a powerful tool you dont want to be without. Two of the authors are physicians at the Hospital for Special Surgery, one of the nations oldest and best orthopedic research hospitals. Its purpose is to arm you with the information you need to take charge of your disease management and work with your doctors to develop a treatment program thats right for your lifestyle and life goals. In plain English, the authors demystify rheumatoid arthritis-its causes, progression, and various effects on the human body-and decode the often perplexing language that doctors use to describe RA and its diagnosis and treatment. They explain the various treatment and pain management options available to you and ways to discuss them with your doctor. The authors also include the true stories of RA patients whose tales offer encouragement and powerful insights for dealing with the difficult psychological and lifestyle issues RA sufferers face. Their expert advice and guidance covers a range of topics of vital concern to people affected by RA, including:

- * Old, new, and emerging drug therapies, including gold, corticosteroids, and immunosuppressants
- * Analgesics and anti-inflammatories
- * Alternative treatment strategies
- * Nutrition, diet, and exercise for RA
- * Vitamins and supplements, including glucosamine and Evening Primrose oil
- * Managing crucial lifestyle issues such as sports, travel, and sex
- * Pregnancy and RA
- * Alleviating depression and pain
- * Surgical

options, including joint replacement therapy

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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The Hospital for Special Surgery Rheumatoid Arthritis Handbook STEPHEN A. PAGET, M.D., is Physician-in-Chief of the Hospital for Special Surgery. MICHAEL D. LOCKSHIN, M.D., is Professor of Medicine at the Hospital for **The Hospital for Special Surgery Rheumatoid Arthritis Handbook** Since self-care is so important in controlling rheumatoid arthritis, the authors have written this book in plain English to demystify this crippling disease

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