



ARTHRITIS CARE

*Empowering
people with arthritis.*

IS YOUR
ARTHRITIS
A **PAIN** IN THE
YOU **KNOW**
WHAT?

**ARTHRITIS CARE CAN
HELP YOU TAKE CONTROL**

PEOPLE WHO GET ARTHRITIS USUALLY WANT TO FIND OUT MORE ABOUT LIVING WITH IT.

But with so much information out there, how do you find something that's trustworthy and easy to understand?

Welcome to Arthritis Care.

People with arthritis tell us they want to know about:

- finances and benefits
- relationships and sex
- fatigue
- work
- pain management
- diet
- planning a family
- safe exercise.

Arthritis Care has lots of information on all those topics and more. It's available free so that you can find the answers to the things that matter to you.

You'll find magazines, booklets, factsheets, audio recordings, short films and a vast website – all full of information about living life to the full.

There's information about conditions like fibromyalgia, juvenile arthritis, osteoarthritis, gout and rheumatoid arthritis. And a whole lot more besides.

You'll have the chance to understand more about your condition and treatments. We tailor information to suit your needs. You can find support from others with arthritis by joining the discussion forums at

www.arthritiscare.org.uk/forums

“I was struggling to manage my arthritis so I downloaded a booklet on independent living from Arthritis Care's website. I found lots of ideas to help me manage my life better.”

“I needed a plan to balance my home and work activities. Arthritis Care's information helped me figure it out.”





You can even ask our helpline questions so you can make sense of the information health professionals give you.

Freephone helpline 0808 800 4050.

We know you need to trust the information you find. We involve medical experts to make sure the information you get from us is totally accurate and up to date. We also involve people with arthritis at every stage to make sure what we provide is easily understood by everyone.

Whatever your age, we have something for you.

Information about living with arthritis doesn't need to be complicated. We want you to feel confident in managing your life.

**Don't let arthritis control you.
Take control today.**





www.arthritiscare.org.uk

Arthritis Care is a charity. If you are able to access information online, you'll help us save money and the environment.

We rely on donations to fund our vital work in supporting people living with arthritis. If you would like to make a contribution, please phone us on 020 7380 6540 or you can donate online.

Freephone our helpline

0808 800 4050

(weekdays 10-4)

Helplines@arthritiscare.org.uk

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Arthritis Care is now a certified member of The Information Standard. This means that you can be confident that Arthritis Care is a reliable and trustworthy source of health and social care information.

