

Arthritis: How to Stay Active and Relieve Your Pain

B. Stokes, A. Helewa, editors. Boulder, Colorado: Bull Publishing Company, 2007. 424 pages. \$18.95 US.

A number of books are available for people with arthritis, but *Arthritis: How to Stay Active and Relieve Your Pain* is possibly the most detailed and user-friendly text published in recent years. Written by 2 experienced and well respected physiotherapists in the field, this book serves the needs of people with different types of arthritis, and at various disease stages.

The book is divided into 2 parts — Part 1 focuses on what arthritis is, and Part 2 offers specific advice for individuals on managing their health needs. In most chapters, the authors provide examples of questions that people can ask their healthcare providers. This reflects the current trend of people wanting to be more active participants in their own healthcare. The chapter on how research can help one make treatment choices is concise and relevant. The authors also offer comprehensive tips on how to protect joints, conserve energy, and manage fatigue. The chapters on healthy intimate relationships and healthy lifestyle choices are written in a succinct and sensitive manner. Finally, the chapter on exercising caution about cures and testimonials provides a useful guide for people to make informed choices about the plethora of complementary and alternative therapies.

Arthritis: How to Stay Active and Relieve Your Pain is well written, easy to read, and includes clear illustrations. The authors have successfully achieved their goal of providing people with arthritis the knowledge and tools to engage in informed self-management.

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J Rheumatol 2009;36:6;doi:10.3899/jrheum.080991