



The First Year: Rheumatoid Arthritis: An Essential Guide for the Newly Diagnosed

M.E.A. McNeil

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Rheumatoid arthritis (RA), a disease characterized by inflammation of the joints, is one of the most disabling forms of arthritis and affects over two million people in the United States. Without proper treatment it can lead to long-term joint damage, chronic pain, loss of function, and disability. From the first moment of her diagnosis, author M.E.A. McNeil took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step-by-step through their first year with RA. McNeil provides crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, emotional issues, networking with others, and much more. *The First Year—Rheumatoid Arthritis* is an essential resource for everyone who wants to be an informed, active participant in the management of their condition.



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