



PATHFINDER ON ARTHRITIS

INTRODUCTION:

The word arthritis refers to joint inflammation, but is often used to refer to a group of rheumatic diseases that can cause pain, stiffness and swelling in the joints. The pain of arthritis may come from different sources, including inflammation of the synovial membrane (tissue that lines the joints), tendons, ligaments, muscle strain and fatigue. The two most common forms of arthritis are osteoarthritis and rheumatoid arthritis.

SUBJECT HEADINGS:

Arthritis
Osteoarthritis
Rheumatoid Arthritis

RECOMMENDED BOOKS:

Allen, Ronald J. Arthritis of the Hip & Knee: The Active Person's Guide to Taking Charge. Peachtree Publishers, 1998.

Fulghum Bruce, Debra. Pain-Free Arthritis: A 7-Step Plan For Feeling Better Again. Owl Books, 2003.

Nelson, Michael. Strong Women and Men Beat Arthritis. Perigee Trade, 2003.

INTERNET RESOURCES:

Arthritis Foundation
<http://www.arthritis.org>

NIH Senior Health
<http://nihseniorhealth.gov/arthritis/toc.html>

ORGANIZATIONS:

Arthritis Foundation
P.O. Box 7669
Atlanta, GA 30357-0669
Tel: 1-800-568-4045

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