

Your Family Doctor Arthritis: Rheumatoid Arthritis / Osteo-arthritis / Gout / Osteoporosis

Dr Vinod Wadhwa



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Accepting arthritis is not the same as accepting pain. Most patients of arthritis believe there is nothing they can do about the pain that accompanies the disease. Worse still, they believe any exercise of the joint will further worsen it. This handy and effective book breaks such myths and helps you manage and control arthritis.

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