



La Société
de l'arthrite

Trousse d'accompagnement d'un nouveau **DIAGNOSTIC**



Un guide pour mieux comprendre l'arthrite et sa prise en charge



L'ARTHRITE  ÇA SUFFIT !

INTRODUCTION TO THE JUST DIAGNOSED TOOLKIT

If you've recently been diagnosed with arthritis, you may be wondering – "now what?" "Will my pain get worse? Can I keep my arthritis in check? How will I manage my everyday activities?"

This resource kit has been designed to provide you with helpful information on how to effectively manage your arthritis. From information about the various health-care providers who can help you, to tips on what you can do yourself to effectively manage your arthritis, this kit will answer many questions you will initially have and will help set you on the right path.

What is Arthritis?

The word arthritis means inflammation of the joints. It can result in joint pain, stiffness and swelling. There are more than 100 types of arthritis. Some types of arthritis are caused by joint inflammation, while others are caused by joint degeneration. It is important to know what type of arthritis you have so that you can learn more and have a treatment plan developed specifically for you.

If you have arthritis, it is important that you manage your condition by:

- Knowing the type of arthritis you have;
- Actively participating in making decisions about your care;
- Getting the support and resources you need;
- Introducing regular, appropriate exercise;
- Maintaining a healthy weight;
- Knowing about your medications and following the directions carefully;
- Seeing the right health-care providers;
- Telling your health-care providers about all of the prescription and non-prescription medications you take;
- Co-operating fully with the course of treatment that you plan and agree to as a member of your health-care team.

Your Arthritis Health-Care Team

Many people can help you manage your arthritis. Your team may include a variety of health-care providers, depending on your needs and the community you live in. For example, your team may include a family doctor, nurse practitioner, nurse, rheumatologist, occupational therapist, physiotherapist, social worker, pharmacist, dietitian and orthopedic surgeon. It is important that you are also an active member of your health-care team.

