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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Do I Choose The Best Arthritis Medicine?

By Stephanie E. Siegrist, MD

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Are you spending a fortune on prescription arthritis medicines? Are they helping? Are you concerned about side effects? You may think a particular drug is a miraculous godsend. Yet, someone you know may take the same dose only to experience little relief and life-threatening side effects. All of the choices can be confusing.

The best treatment for your arthritis is based on your needs. Making the diagnosis of "osteoarthritis" is fairly straightforward, but deciding what to do about it is a complex and very individualized matter. There's a wide range of options available to help you deal with OA; medicines are only part of the picture: The Basics: Weight Management / Exercise / Education / Modify Activities Medications: Pain Relievers, NSAIDs (like ibuprofen), Supplements Injections/ Bracing Surgery

The highest dose of the latest, "greatest" arthritis medicine on the market will NOT help unless you follow common-sense health practices. Focus on low-tech/low-cost habits that pay off throughout your body and quality of life. Modify the combination of remedies over your lifetime as symptoms wax and wane. Start simple, and then move to the next step if the first isn't helping. You can cut back during the times you have less pain.

At this point, available medicines can relieve the symptoms of osteoarthritis, not cure it. There are some treatments for rheumatoid arthritis that can slow down joint destruction. Scientific research suggests that nutritional supplements, like glucosamine, might strengthen cartilage tissue. Stay tuned!

The dozens of arthritis medications available are categorized by drug class. The drug classes differ in the way your body handles the chemical that makes up the drug, known as the mechanism of action. Different mechanisms of action target different arthritis symptoms: pain vs. stiffness vs. inflammation. If you understand the classes, you will understand: how each drug works, which drugs are related because they work in a similar way, what side effects can occur, and why a drug may or may not be right for you.

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Fortunately, there are eight drug classes to choose from to relieve your osteoarthritis symptoms. If you must avoid a whole class because you have another health condition, there are plenty of others that could keep you comfortable. Combining smaller doses from different classes may be the right answer. Usually only with prudent, thoughtful trials will you and your doctor discover what's best for you. Keep a diary of the remedies you try, and their effects, good and bad. You spend a lot of money trying to feel better – don't waste it!

Beware of your drugs' true cost! "Cost" applies not only to the money you pay for the pills, but also to the toll they could take on your system in terms of side effects like stomach ulcers, kidney failure, addiction, and other problems worth avoiding!

OA is a chronic, degenerative condition that progresses at different rates in different patients (and even in different joints in the same body!) You've got better things to do than let OA rule your day. The right

treatment strategy will get you back to the Pursuit of Happiness!

Want to learn more about all EIGHT classes of OA drugs? Visit

to order

"Making Sense of Arthritis Medicine: Manage Your Symptoms Safely" and discover relief that's right for you!

Stephanie E. Siegrist, MD is a board–certified orthopedic surgeon in her 10th year of practice, and author of "Making Sense of Arthritis Medicine." She's one of only 3% of U.S. orthopedic surgeons who are women! Dr. Siegrist strives to bridge the gaps that exist in today's doctor–patient relationship with "Information Therapy!" Complete information about Dr. Siegrist, and the book, are available from her website.

Exploring Different Forms Of Alternative Arthritis Medicine

By Owen Andrew

Arthritis as we know it today is a large group of conditions where damage is inflicted on the joints of the body, resulting in swollen, throbbing pain. It is a disease that afflicts all ages, but is predominately present in people over the age of sixty–five. The most common form of arthritis is the degenerative joint disease known as osteoarthritis.

There are many forms of arthritis, and consequently, various types of medical treatment. Each form of arthritis is different, so treatment options vary, and can include traditional medicine, alternative medicine, physical and occupational therapy, and arthroplasty.

While various options for medical treatment abound, arthritis patients may be interested in pursuing relief from aches and pains through alternative medicine in addition to traditional medicine. In this case,

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the sufferer often turns to alternative sources of medicine for more pain relief than their current treatment is providing. Alternative arthritis medicine runs the gamut of hot pepper–based anti–inflammatory creams to vitamin supplementation and Ayurvedic medicine.

Some of the most frequently used, natural remedies for arthritis are the combined supplements of glucosamine and chondroitin. According to several national and international studies, both supplements taken together effectively relieve major arthritis pain. Calcium is also an essential nutrient, as is vitamin D (available in capsule form or by sunlight).

Other alternative medicines include such anti–inflammatory supplements as alpha–linoleic acid, primrose oil, devil's claw, and capsaicin. These supplements are available in natural food stores and occasionally mainstream markets; some, like the alpha–linoleic acid and primrose oil, are also available more naturally in food, such as soy, avocados, beans, fruits, and wheat–germ. Devil's claw is available as a tincture, powder, capsule, or dried herb tea; capsaicin is an anti–inflammatory cream made from hot–peppers.

Ayurveda is another form of alternative medicine that is often cited as an arthritis reliever. Considered the world's oldest form of medicine, it has formed the basis of Indian medical treatments for over 5,000 years.

Ayurveda proposes a well–rounded routine for relieving arthritis pain that includes herbs and essential oils, yoga and a special diet that often includes one or two week detoxification diets. The kind of treatment you receive depends on the type of arthritis you have, which, according to Ayurveda, is divided into three forms: vata, pitta, and kapha. Each treatment varies depending on the corresponding type of arthritis above.

Thus there are many forms of alternative medicine that can supplement your traditional arthritis treatment and help relieve pain, swelling, and discomfort. Always remember to listen to your body and see what works best for you.

Owen Andrew Writes this article. There are many online resources where you can find out about arthritis.

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