

## RHEUMATOID ARTHRITIS: RESOURCES

### INTERNET

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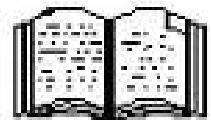
- The Arthritis Society of Canada  
[www.arthritis.ca](http://www.arthritis.ca)  
1-800-321-1433 (Toll-free information line)
- Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)
- Arthritis Consumer Experts  
[www.arthritisconsumerexperts.org](http://www.arthritisconsumerexperts.org)
- Guidelines & Protocols Advisory Committee, British Columbia Medical Association and British Columbia Ministry of Health  
[www.health.gov.bc.ca/msp/protoguides](http://www.health.gov.bc.ca/msp/protoguides)



### BOOKS

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- Lorig K, Fries J. *The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia*. 2006. Da Capo Press.
- Yu W, Fischer HD. *What To Do When The Doctor Says It's Rheumatoid Arthritis: Stop Your Pain, Become More Active, and Learn How to Talk to Your Doctors*. 2005 Fair Winds Press.
- Koehn C, Palmer T, Esdaile J. *Rheumatoid Arthritis: Plan to Win*. 2002. Oxford University Press.
- Lahita, RG. *Rheumatoid Arthritis: Everything You Need to Know*. 2001 Avery Books, New York NY.
- Arthritis Foundation. *The Arthritis Foundation's Guide to Good Living With Rheumatoid Arthritis*. 2000. Arthritis Foundation, Atlanta, GA.



Be sure to make use of the many programs and services available in your province. The Arthritis Society, for example, provides information on local resources. Visit [www.arthritis.ca](http://www.arthritis.ca) and click on Local Programs and Information. Or call the Toll-free Information Line: 1-800-321-1433

