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## Media Release

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## The Arthritis Handbook

Improve Your Health and Manage the Pain of Osteoarthritis

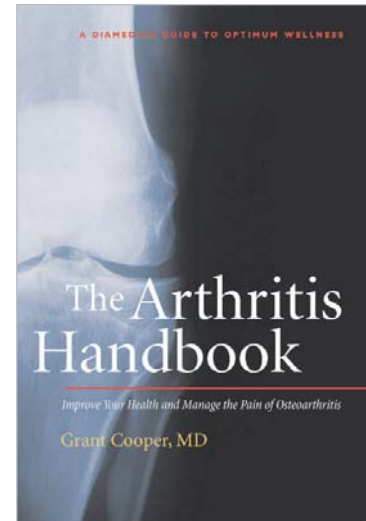
by Grant Cooper, M.D.

*“The Arthritis Handbook is a wonderful book for all patients with arthritis as well as anyone wishing to avoid joint pain in the future. Using easy-to-read language, Dr. Cooper explains how arthritis is caused, and seamlessly depicts how it can be prevented and treated... Readers will find this book both practical and informative.” -- Loren Fishman, MD, Author of *Yoga for Arthritis: The Complete Guide* and *Sciatica Solutions: Diagnosis, Treatment, and Cure of Spinal and Piriformis Problems**

## Managing Arthritis Through Exercise and Nutrition

**Kissimmee, FL, December 2007** - Twenty-one million Americans have mild to severe arthritis. Unfortunately, many of them have resigned themselves to unnecessarily living with the pain, swelling, stiffness, and disability associated with this condition. Although there is no cure for arthritis, it *can* be managed – often without medication or surgery. By making some basic lifestyle adjustments – including a combination of common sense, proper nutrition, exercise, and a few carefully chosen supplements, most people with arthritis can enjoy a healthy, pain-free, active life.

*The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis* dispels the common myth that joint pain is a natural part of aging, and provides readers with the knowledge they need to take an active role in their treatment, prevent further joint deterioration, and ultimately achieve their health goals. Beginning with an overview of the nature of arthritis and an explanation of how our joints work, readers will learn about nutrition and



### THE ARTHRITIS HANDBOOK

Improve Your Health and Manage the Pain of Osteoarthritis

#### PUBLISHER

DiaMedica

#### AUTHOR

Grant Cooper, M.D.

#### CATEGORY

Health & Fitness

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Includes B&W Photographs, Glossary, Resources

To request a review copy or author interview contact Reina Santana at [rsantana@resmarketingalliance.com](mailto:rsantana@resmarketingalliance.com) or call 863-427-4848.

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its profound effects on joint health, the importance of exercise in managing pain and inflammation, and discover supplements that will enhance overall wellness. In addition, they will learn how to use medical and surgical options as a “window of opportunity” to return to a focus on exercise and nutrition to maintain long-term health and prevent further damage to joints.

### Special features include:

- Comprehensive nutritional strategies that will relieve arthritis symptoms
- A detailed exercise program, accompanied by photographs, that will strengthen muscles, protect joints, and promote overall wellness
- An explanation of how and why supplements work
- A list of suggested reading, resources, and a glossary of commonly used terms

*The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis* will help everyone affected by arthritis to better understand the entire spectrum of care – from diet, exercise, and supplements to more aggressive treatments such as drugs, injections, and surgery.

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### ABOUT THE AUTHOR

**Grant Cooper, M.D.** is a physical medicine and rehabilitation physician who specializes in the care of people with spine, sports, and musculoskeletal problems. He has a special interest in back and joint pain, and has published numerous articles and books in this area. He completed his training at New York Presbyterian Hospital, The University Hospital of Columbia and Cornell in New York City, and is currently in the department of orthopedics at Beth Israel Medical Center in New York. Dr. Cooper has received national and international recognition for his research on the diagnosis and treatment of musculoskeletal disorders. He is the co-editor-in-chief for the journal *Current Reviews in Musculoskeletal Medicine*.

As the host of "Back Pain Radio" (World Talk Radio), Dr. Cooper emphasized the concept that understanding your health problems and what you can do about them empowers people to make lasting changes for a healthier life. This book is intended to help his readers achieve that goal.

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## Praise for *The Arthritis Handbook*

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“The arthritis epidemic has affected the quality of life of millions. Dr. Grant Cooper's handbook is a must-read for the baby-boomers to take charge of their arthritis and remain active and healthy well into their golden years.” – **Vijay Vad, MD; Author of *Arthritis Rx- A Cutting Edge Program for a Pain-Free Life, Back Rx: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain, and Golf Rx: A 15 Minute-a - Day Core Program for More Yards***

“*The Arthritis Handbook* is a wonderful book for all patients with arthritis as well as anyone wishing to avoid joint pain in the future. Using easy-to-read language, Dr. Cooper explains how arthritis is caused, and seamlessly depicts how it can be prevented and treated. Nutrition, exercise, supplements, medications, injections and even surgical options are all explored with wonderful clarity. Readers will find this book both practical and informative.” – **Loren Fishman, MD, Author of *Yoga for Arthritis: The Complete Guide and Sciatica Solutions: Diagnosis, Treatment, and Cure of Spinal and Piriformis Problems***

“A joy to read, the book offers much help and advice to those who suffer from arthritis.” – **Willibald Nagler, MD, Department of Physical Medicine and Rehabilitation, Weill Cornell Medical College, Author of *Dr. Nagler's Body Maintenance and Repair Book***

“Inspiring, informative and practical, this is a book I will recommend to all of my patients with arthritis! Dr. Cooper has brilliantly woven together the arthritis essentials, including its prevention, diagnosis and treatment. This practical, user-friendly book is a must-read for anyone with joint pain!” – **Joseph E. Herrera, DO, Director of Sports Medicine, Mount Sinai School of Medicine, New York.**

## The Arthritis Handbook Excerpt

### Strength Training - The Hip

► **Outside of the hip:**

Lie on the exercise mat on your left side. Bend your left knee so that your foot is behind you. Keep your right leg straight (Figure 15.7A). Slowly raise your right leg up in the air, so that it makes about a 45-degree angle with your body (Figure 15.7B). Feel the squeeze in the outside of your hip. Pause, and allow your leg to align with your body. If possible, do not allow your right leg to lower all the way to the floor (Figure 15.7C). Instead, pause when it aligns with



15.7A



15.7B



15.7C

## The Arthritis Handbook: Excerpt Continued

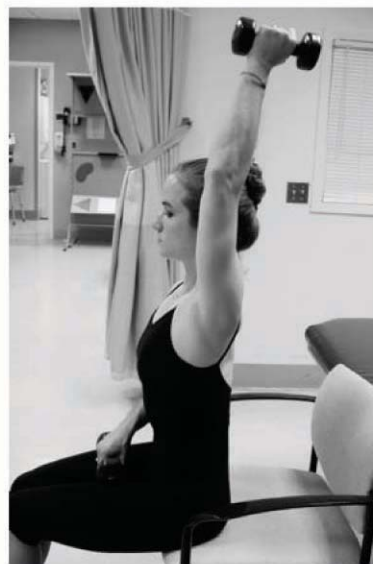
### Strength Training - Triceps

#### TRICEPS

While seated and maintaining good trunk posture, raise your right hand over your head. Use a small weight initially for this exercise. Keeping your right arm above your head next to your ear, flex your right elbow to 90 degrees so that your hand drops behind your head (Figure 15.24A). Inhale as you do this, and exhale as you straighten your arm (Figure 15.24B). Do 12 repetitions, then repeat with your



15.23A



15.23B

left arm. Increase the weight once you can do 3 sets. Alternatively, you can do this exercise while standing. If you choose to stand, be sure to keep your knees slightly bent (3–5 degrees), your abdominal muscles contracted, and your back straight.

## The Arthritis Handbook: 12 Arthritis Myths

1. Arthritis is an inevitable part of getting older.
2. If you experience pain while you exercise, you should rest until you feel better.
3. What you eat has no impact on your joints.
4. The only effective treatments for arthritis are pain medications and surgery.
5. Weight gain has no impact on joint pain.
6. If your joints don't hurt, it means they're perfectly healthy.
7. There is no inflammation in osteoarthritis.
8. X-ray findings of arthritis are closely related to the amount of joint pain you are experiencing
9. Over-the-counter pain medications are safe because they don't require a prescription.
10. Exercise is bad for your joints.
11. There is nothing you can do to prevent arthritis.
12. Injections don't work for arthritis.

## The Arthritis Handbook: Questions for Dr. Cooper

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1. Is arthritis a hereditary condition?
2. Should I be taking glucosamine and chondroitin sulfate?
3. Does my diet really affect my chances of developing arthritis?
4. Should I exercise even if I have joint pain?
5. What kinds of exercises are best for people with arthritis?
6. What is an “anti-inflammatory diet”?
7. What supplements should I take for my joint pain?
8. What vitamins and minerals should I include in my diet?
9. What foods have the most antioxidants?
10. Do I need surgery?
11. What medications can I safely take for the pain?
12. Besides pain medications and surgery, what can I do for my joint pain?
13. Is arthritis a normal part of getting older? Can it be prevented or reversed?
14. How do I know if my joint pain is caused by arthritis?