

What Has Dr. Shook Been Reading?

*Strong Women and Men Beat Arthritis.*

By Miriam E. Nelson, Ph.D., Kristin Baker Ph.D. and Ronenn Roubenoff, M.D., M.H.S.

Published by G. P. Putman (2002)

Several years ago Doctor's Nelson, Roubenoff and Baker received funding to investigate the effects of strength training for relieving the pain of arthritis. The program designed for the study was based on findings from numerous other studies, each of which examined a single component such as a single vitamin or a single type of exercise. The good Doctors put it all together into a "*...scientifically proven program that allows people with arthritis to: Reduce pain and disability. Increase Strength and physical function (and) Improve mood and boost self-confidence.*"

Much to their delight the results of the study were more successful than their original hypothesis.

Feeling strongly that the program used in the study should reach the widest possible audience, Dr. Miriam

Nelson decided to write *Strong Women and Men Beat Arthritis.*

This book is about making life style changes – changes that are within your control. The cornerstone of these life style changes are exercise and nutrition. The reader is also encouraged to understand their medication and surgical options. Complementary therapies are also discussed.

The nutritional component emphasizes plenty of water, fruits, vegetables and the proper ratio of fatty acids.

Advice is offered for making gradual and realistic changes in a "normal" diet.

The sixteen-week progressive exercise program incorporates strength training, aerobics and stretching. The instructions are clear and well illustrated. The beginning levels are simple and gentle; designed for the arthritis sufferer who is hesitant to irritate and already painful joint condition. The exercises utilize simple equipment that requires neither a gym membership nor the attendance of a physical therapist.

Various medications are discussed by brand and generic names; what condition each drug treats best, cost for a 30 day supply, how tough it is on the stomach, and other side effects and cautions.

The chapter on arthroscopic and joint replacement surgery discusses when to consider surgery, how exercise and nutrition affect the outcome of surgery and what are reasonable post surgical expectations.

Time and space do not allow for me to discuss the great variety of useful information covered in this book. It is one I will definitely recommend to my patients with arthritis pain. I am confident that anyone who is ready and willing to make life style changes in order to improve the quality of their arthritis affected life, will benefit from the information contained within the pages of *Strong Women and Men Beat Arthritis.*

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