

ARTHRITIS Information Guide

WEBSITES

ARTHRITIS SOCIETY OF CANADA

www.arthritis.ca

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/arthritis.html

UPTODATE

<http://www.uptodate.com/contents/patient-information-arthritis>

NATIONAL INSTITUTE ON AGING

<http://www.nia.nih.gov/health/publication/arthritis-advice>

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

The Arthritis Society

41 River Rd. East, Unit 9

Kitchener, N2B 2G3

Phone: (519) 743-4141



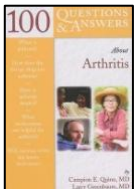
BOOKS

100 questions & answers about arthritis

Campion Quinn,
Larry Greenbaum

2008

[616.722 Quinn](tel:616.722.3111)

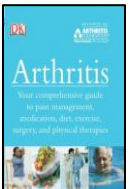


Arthritis : Your comprehensive guide to pain management, medication, diet, exercise, surgery, and physical therapies

Howard Bird

2009

[616.722 Arthr](tel:616.722.3111)

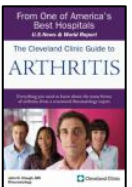


The Cleveland Clinic guide to arthritis

John D. Cough

2009

[616.722 Cloug](tel:616.722.3111)

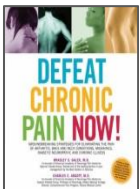


Defeat chronic pain now!

Bradley S. Galer, Charles E. Argoff

2010

[616.0472 Galer](tel:616.722.3111)

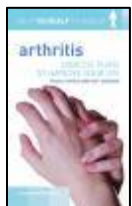


Arthritis: exercise plans to improve your life

Paula Coates

2010

[616.722 Coate](tel:616.722.3111)



www.kpl.org

KPL
KITCHENER
PUBLIC
LIBRARY

Main Library
85 Queen Street North
519-743-0271 

Country Hills Library
1500 Block Line Road
519-743-3558 

Pioneer Park Library
150 Pioneer Drive
519-748-2740 

**Grand River
Stanley Park Library**
175 Indian Road
519-896-1736 

Forest Heights Library
251 Fischer-Hallman Road
519-743-0644 