DESCRIPTION

Arthritis affects millions of people throughout the world and while its treatment is usually medical or surgical, there exists an increasingly large body of evidence concerning the positive effects of nutrition on the condition.

There are over two hundred forms of rheumatoid disease, with conditions varying in prevalence. In this important title the authors have focussed on osteoarthritis (OA) and rheumatoid arthritis (RA), the most common arthritic diseases with the largest body of dietary data. Including coverage of disease incidence and prevalence, pathology, aetiology and measures of disease assessment and dietary risk factors, Nutrition and Arthritis is a clear, concise and user-friendly book gathering the latest research to bring the reader state-of-the-art information on:

• Micronutrients (e.g. vitamins C, D and selenium), food supplements and their potential to ameliorate arthritis

• Polyunsaturated fatty acids, with particular attention paid to n-3 fatty acids

• Glucosamine and chondroitin

• The value of exclusion, vegetarian, vegan and other dietary approaches

Nutritionists and dietitians, including those working in the health services, rheumatologists, orthopaedic surgeons, general practitioners, osteopaths and commercial organisations involved in the formulation of dietary supplements will find this book an
important and practical reference source. Libraries in medical schools and universities and research establishments where nutrition, dietetics and food science are studied and taught will find it a valuable addition to their shelves.

ABOUT THE AUTHOR

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FEATURES

• An essential purchase for all those involved with arthritic conditions

• Covers types, aetiology and importance of arthritic conditions

• Includes the influence of exclusion, elemental, vegan and vegetarian diets

• Explores the role of micronutrients and the use of n-3 fatty acids, glucosamine and other supplements in the treatment of arthritic conditions

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