

# Patient Education

## Rheumatology

Go to our Patient Education Toolkit below to access recommended resources

www. \_\_\_\_\_ **vivacare.com**

### CONDITIONS

- Ankylosing Spondylitis
- Autoimmune Disorders
- Bursitis and Tendinitis
- Fibromyalgia
- Gout
- Lupus (SLE)
- Myopathy
- Osteoarthritis
- Osteoporosis
- Plantar Fasciitis
- Polymyalgia Rheumatica
- Psoriatic Arthritis
- Reactive Arthritis
- Rheumatoid Arthritis
- Scleroderma
- Sjogren's Syndrome
- Temporal Arteritis
- \_\_\_\_\_

### TESTS

- Arthroscopy
- Bone Mineral Density Test
- CBC
- Erythrocyte Sedimentation Rate (ESR)
- \_\_\_\_\_

### MEDICATIONS

- Biologics for Rheumatoid Arthritis
- Bisphosphonates
- Disease-modifying Antirheumatic Drugs (DMARDs)
- NSAIDs
- \_\_\_\_\_

### SELF-CARE

- Exercise Tips for Arthritis
- Stop Smoking
- \_\_\_\_\_

### PREVENTION

- Flu Vaccine
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