



## ARTHRITIS

You have been diagnosed with possible arthritis. Arthritis is an inflammatory condition of your joints, and results in pain and difficulty in movement. NSAIDS are useful in arthritis, either prescription medications or over the counter medicines such as Aleve (Naproxen Sodium) 2 pills twice per day or Advil (Ibuprofen) 600-800mg every 6-8 hours.

Supplements that can be taken over the long term are Omega 3 oils/Fish oil supplements and Glucosamine Chondroitin. These are available at FirstCare. The correct doses are:

Omega 3/Fish Oil 4-6 grams each day.

Glucosamine Chondroitin 1200mg of Glucosamine per day.

These medications are felt to decrease inflammation, delay bony deterioration and help pain over the long term. Months may go by before the effects are appreciated.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit [FirstCareMedCenter.com](http://FirstCareMedCenter.com) to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.