Top 10 NLO|OA Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. The Truth About Arthritis Headaches

One of the lesser-known symptoms of arthritis is that it can cause chronic headaches. These arthritis headaches have several causes, but are easily treated.

9. Broccoli for Osteoarthritis Treatment?

Research suggests that a compound found in broccoli could be a worthwhile osteoarthritis treatment.

8. Osteoarthritis in Hands: Protecting Your Joints

There are many ways you can protect your joints and make living with osteoarthritis in hands and fingers more comfortable.

7. The Best Drinks for Osteoarthritis Patients

While red wine and spearmint tea can have a positive impact, beer is best avoided. Learn more about drinks for osteoarthritis patients here.

6. Vitamin B for Osteoarthritis Management

In recent years, the B vitamins have gained a lot of press, however there are still some questions and concerns surrounding vitamin B for osteoarthritis.

5. Pain and Emotional Sensitivity

The emotional effects of continued pain, which can be as difficult to deal with as the physical effects, are often overlooked.

4. Understanding the Link Between OA and Mental Health Concerns

People with osteoarthritis (OA) are more prone to mental health issues than those without. Learn about why, and

what you can do about it.

3. OA and Fatigue

For people suffering with pain from osteoarthritis, fatigue is often a natural result of their condition.

2. What Not to Say to Someone With Arthritis

Many people make unintentionally hurtful comments to those of us living with arthritis. Here’s what not to say to someone with arthritis.

1. Helpful Tips for Running Errands with Arthritis

Running errands when you have OA can be a struggle. Consider these tips for getting through your to do list with as little pain as possible.