

Book: *Arthritis: A Cleveland Clinic Guide*

Author: John D. Clough, MD

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Book Review:

Current statistics suggest that 10 to 20 percent of Americans of all ages suffer from some form of Arthritis. Ninety-five percent of all arthritis sufferers have one of the ten common types of arthritis discussed with *Arthritis: A Cleveland Clinic Guide*. In his book, Clough takes the refreshing approach of cutting through medical jargon and focuses on the patient, their diagnosis and their path towards treatment.

Clough conveys his information and symptoms associated with common types of arthritis by telling the patient's story. He relays several patients' experiences, beginning with the symptoms that brought them to seek the assistance of a physician, to the discussion of symptoms between patient and doctor, to test run to confirm diagnosis, through to the patient's outcome and impacts of the specific form of arthritis. The author cautions his readers with the old adage, "one man cure is another man's poison," to warn that each patient's treatment and journey towards recovery will vary from person to person. Therefore this book is a great beginning step to determining whether or not to seek medical assistance.

This book, although geared to the patient, can be a source of great insight to concerned family members, provider's needing a quick reference and refresher, and administrators trying to better understand this condition and to possibly gain helpful insight into the creation of support services for this chronic ailment. Many will find this book a quick read, packed with great information delivered in an easily digestible format.

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