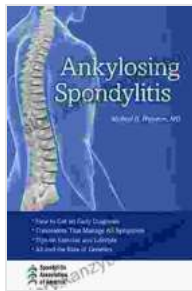


Ankylosing Spondylitis: The Facts by Michael Weisman - A Comprehensive Guide

Ankylosing spondylitis (AS) is a chronic inflammatory disease that affects the spine and joints. It can cause pain, stiffness, and inflammation, and if left untreated, can lead to permanent damage. There is no cure for AS, but there are treatments that can help to manage the symptoms and improve quality of life.



Ankylosing Spondylitis (The Facts) by Michael H. Weisman

★★★★☆ 4.1 out of 5

Language	: English
File size	: 958 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled



In his book, *Ankylosing Spondylitis: The Facts*, Michael Weisman provides a comprehensive overview of AS, including its symptoms, diagnosis, treatment, and management. Weisman is a leading expert on AS, and his book is based on the latest research and clinical experience.

The book is divided into three parts. Part I provides an overview of AS, including its symptoms, diagnosis, and treatment. Part II covers the management of AS, including exercise, diet, and pain management. Part III

provides information on living with AS, including coping with the emotional and social challenges of the disease.

Weisman's book is a valuable resource for anyone who is living with AS or who wants to learn more about the condition. The book is well-written and easy to understand, and it is packed with information that can help people to manage their symptoms and improve their quality of life.

Key Takeaways from Ankylosing Spondylitis: The Facts

- AS is a chronic inflammatory disease that affects the spine and joints.
- AS can cause pain, stiffness, and inflammation, and if left untreated, can lead to permanent damage.
- There is no cure for AS, but there are treatments that can help to manage the symptoms and improve quality of life.
- Exercise, diet, and pain management are important aspects of managing AS.
- Living with AS can be challenging, but there are resources available to help people to cope with the emotional and social challenges of the disease.

Who Should Read Ankylosing Spondylitis: The Facts?

Ankylosing Spondylitis: The Facts is a valuable resource for anyone who is living with AS or who wants to learn more about the condition. The book is particularly helpful for people who are newly diagnosed with AS, as it provides a comprehensive overview of the disease and its management.

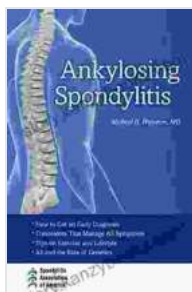
The book is also helpful for people who have been living with AS for a while, as it provides up-to-date information on the latest research and clinical experience. Additionally, the book provides valuable information on coping with the emotional and social challenges of living with AS.

About the Author

Michael Weisman, MD, is a leading expert on AS. He is a professor of medicine at the University of California, San Francisco, and the director of the UCSF Spondylitis Center. Dr. Weisman is also the author of several other books on AS, including *Ankylosing Spondylitis: A Patient's Guide* and *The AS Diet*.

Ankylosing Spondylitis: The Facts by Michael Weisman is a comprehensive and up-to-date guide to understanding and managing AS. The book is well-written and easy to understand, and it is packed with information that can help people to manage their symptoms and improve their quality of life.

If you are living with AS, or if you want to learn more about the condition, I highly recommend reading *Ankylosing Spondylitis: The Facts*.



Ankylosing Spondylitis (The Facts) by Michael H. Weisman

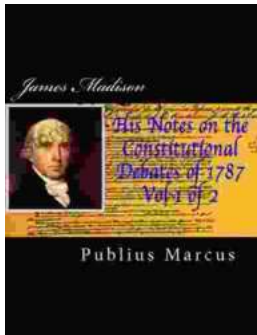


4.1 out of 5

Language	: English
File size	: 958 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled

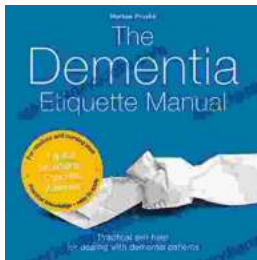
FREE

DOWNLOAD E-BOOK



James Madison: His Notes on the Constitutional Debates of 1787, Vol. I

James Madison's Notes on the Constitutional Debates of 1787 are a vital source for understanding the creation of the United States Constitution. This...



The Dementia Etiquette Manual: A Comprehensive Guide to Understanding and Caring for Persons with Dementia

If you're like most people, you probably don't know much about dementia. That's understandable. Dementia is a complex and challenging condition that affects...