

Information for people living with Rheumatoid Arthritis



You have been diagnosed as having Rheumatoid Arthritis. This is a long term disease that we can successfully treat and manage but cannot cure. Therefore it is important you start treatment as soon as possible. In the first year or two you may need to attend a lot of appointments as we tailor your treatment to get the best possible control of your symptoms.

Meet the Team

There is a team available to help you get better. We will give you contact details for the Clinical Nurse Specialist, Physiotherapist, Occupational Therapist and Podiatrist at the Rheumatology Department you attend.

Other things to consider

- Work related issues: please discuss this with your Occupational Therapist.
- Money matters: the Patient Information Centre and Health and Wellbeing Directory can help with this (see overleaf).
- Vaccinations: you should have the flu vaccine every year and the pneumonia vaccine (Pneumovax) at least once. You should discuss the shingles vaccination with your GP and the rheumatology team as we only give this to certain patients.
- Pregnancy or considering having a family: speak with your doctor first, as you may have to alter your medicines.

What else can help?

- Exercising, stopping smoking, eating healthily can all help.
- **We run self management courses.** This is a six week course which gives you information about rheumatoid arthritis. Please ask your **Clinical Nurse Specialist, Physiotherapist** or your **Occupational Therapist** for more information about this. Courses are available within NHS Greater Glasgow and Clyde Health Board area and take place during the day and in the evening.
- Peer support: consider talking to someone else who has rheumatoid arthritis (please see the useful contacts and websites over the page).

Further information (See overleaf)

- 1) Local information is available from the Patient Information Centres and NHS Greater Glasgow and Clyde's Health and Wellbeing Directory
- 2) Please turn over for contact details about other organisations who can help.

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List of useful websites and telephone contact numbers:



Health and Wellbeing Directory
www.nhsggc.org.uk/infodir



Patient Information Centres:
Tel: 0141 347 8468 or 0141 355 1527 or 0141 452 2387
Email:
PatientInformationCentres@ggc.scot.nhs.uk



NHS GGC Rheumatology MCN
www.nhsggc.org.uk/rheumatologyMCN



Website: www.arthritiscare.org.uk
Email: Scotland@arthritiscare.org.uk
Helpline: 0808 800 4050
Young Persons helpline: 0800 808 2000



www.arthritisresearchuk.org
Tel: 0300 790 0400



www.nras.org.uk
Helpline No. 0800 298 7650

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NHS GGC Rheumatology MCN
www.nhsggc.org.uk/rheumatologyMCN



Website: www.arthritiscare.org.uk
Email: Scotland@arthritiscare.org.uk
Helpline: 0808 800 4050
Young Persons helpline: 0800 808 2000



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