



Karen, Age 51

## Karen's story

**Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with arthritis. However your experience may be very different.**

I suppose I always expected to have arthritis. My mother and grandmother both had it, so I just thought it was one of those things I would have to live with too. When my arthritis became very painful I still thought there was no point even talking to my doctor about something so everyday.

It was Mum who insisted I should talk to the doctor. She was prescribed anti-inflammatory treatments a few years ago, and told me that they'd really helped her. Eventually I got around to talking to my doctor about it. I'd decided that there was no point suffering in silence.

My doctor prescribed some medications which have without doubt been a really good thing. I've found they really help me manage the pain when it gets bad, and they reduce the inflammation and soreness in my joints too.

Now that I've decided to do something about arthritis, I feel less fatalistic about it. I've been doing a little of my own research too. For example, cutting down on coffee seems to have made a big difference to me. And I've swapped apples for citrus fruits in my diet, and that seems to have helped me too.