



Bill, Age 60

Bill'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've loved sport all my life, and I've always been active. It was all rugby when I was young – and I've got the ears to prove it – but these days it's golf. Best of all though, I love just taking Ben, my Golden Retriever out for long country walks. I'm lucky that I can drive to the middle of the inspiring Sussex countryside in only ten minutes or so. The only trouble was that I was getting arthritis in my knees and ankles, which on some days made long hikes suddenly quite painful. Before I went to see my doctor, I was beginning to dread that she would say that I should give up my golf and walks in the country. I had a vision of myself stuck in front of a TV, doing nothing for the rest of my life, and that didn't appeal in the slightest.

Thankfully, my doctor stressed the importance of maintaining an active life, which would help to keep the muscles around my joints healthy and strong. She did suggest that when I had a lot of ankle pain I could consider going swimming instead.

But with the treatment she has given me, I've found I've been able to manage the pain in my ankles a good deal more easily. So I'm still able to do long walks, which means I'm happy – and so is my dog!