



## Top 10 NLO|OA Articles of 2015

by NEWLIFEOUTLOOK TEAM

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### **10. The Truth About Arthritis Headaches**

One of the lesser-known symptoms of arthritis is that it can cause chronic headaches. These arthritis headaches have several causes, but are easily treated.

### **9. Broccoli for Osteoarthritis Treatment?**

Research suggests that a compound found in broccoli could be a worthwhile osteoarthritis treatment.

### **8. Osteoarthritis in Hands: Protecting Your Joints**

There are many ways you can protect your joints and make living with osteoarthritis in hands and fingers more comfortable.

### **7. The Best Drinks for Osteoarthritis Patients**

While red wine and spearmint tea can have a positive impact, beer is best avoided. Learn more about drinks for osteoarthritis patients here.

### **6. Vitamin B for Osteoarthritis Management**

In recent years, the B vitamins have gained a lot of press, however there are still some questions and concerns surrounding vitamin B for osteoarthritis.

### **5. Pain and Emotional Sensitivity**

The emotional effects of continued pain, which can be as difficult to deal with as the physical effects, are often overlooked.

### **4. Understanding the Link Between OA and Mental Health Concerns**

People with osteoarthritis (OA) are more prone to mental health issues than those without. Learn about why, and

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what you can do about it.

### **3. OA and Fatigue**

For people suffering with pain from osteoarthritis, fatigue is often a natural result of their condition.

### **2. What Not to Say to Someone With Arthritis**

Many people make unintentionally hurtful comments to those of us living with arthritis. Here's what not to say to someone with arthritis.

### **1. Helpful Tips for Running Errands with Arthritis**

Running errands when you have OA can be a struggle. Consider these tips for getting through your to do list with as little pain as possible.