

Resource

## Living better with RA pack

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Includes Living Better with RA, Fatigue Matters, Medicines and RA, and Blood Matters

Living Better with RA – A self-help guide for people with established disease, including Juvenile Idiopathic Arthritis

Fatigue Matters – A self-help guide for people living with rheumatoid arthritis

Medicines and RA – We believe it is essential that people living with RA understand why certain medicines are used, when they are used and how they work to manage the condition.

Blood Matters – A guide to the blood tests used in managing rheumatoid arthritis and adult juvenile idiopathic arthritis.



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