

# LIVING WITH OSTEOARTHRITIS?

Every year, hundreds of thousands of Americans with osteoarthritis must undergo hip replacement surgery.

When all other options for treating severe osteoarthritis of the hip have been exhausted, artificial hip joints offer a solution with a high rate of success. But how should you prepare for this major operations, and what can you do afterwards to protect the new joint and keep it intact for years to come? The American Arthritis Society has compiled twelve useful and practical tips for self-care and made them available on its website. Developed with the help of some of the world's leading hip surgeons, each tip is easy to follow and can be very helpful in preparing for your operation. They can be viewed online at [www.americanarthritis.org](http://www.americanarthritis.org).

