



Global Healthy Living Foundation Patient Guidelines

Medically reviewed, patient-vetted guides to live better with chronic disease

Rheumatoid Arthritis Patient Guidelines

Raising the voice of patients and caregivers managing RA

Ankylosing Spondylitis Patient Guidelines

Raising the voice of patients and caregivers managing AS

Psoriatic Arthritis Patient Guidelines

Raising the voice of patients and caregivers managing PsA

Family Planning with Rheumatic Disease Patient Guidelines

Raising the voice of patients and partners making family planning decisions

Osteoarthritis Patient Guidelines

Raising the voice of patients and caregivers managing OA

Gout Patient Guidelines

Raising the voice of patients and caregivers managing gout

Juvenile Idiopathic Arthritis (JIA) Patient Guidelines

Raising the voice of patients, parents, and caregivers managing JIA

Biosimilars Patient Guidelines

Raising the voice of patients and caregivers learning about biosimilar drugs for chronic disease

Migraine Patient Guidelines

Raising the voice of patients and caregivers managing migraine disease

Our Patient Guidelines are trusted resources where you can find reassuring answers to such common questions as:

- What can I do to feel better?
- What should I expect after starting treatment?
- How can I be informed about potential side effects?
- How can I explain this disease to my family and friends?
- What kind of support services are available?

available at

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