

Arthritis Information UNPROVEN REMEDIES For ARTHRITIS TREATMENT

Bone and Joint Decade 2000-2010

*Declared by the World Health
Organisation and the United Nations
and Endorsed in South Africa by*

ARTHRITIS FOUNDATION

And many other Associations



*The Bone and Joint Decade is a
Global campaign to improve
quality of life for people with
musculoskeletal conditions and to
advance understanding and treatment of
those conditions through research,
prevention and education.*

Despite tremendous advances in the treatment of arthritis, most kinds of chronic arthritis, including osteoarthritis and rheumatoid arthritis, have no cure as yet. Arthritis hurts, and because it goes on and on most people will want to try anything to get some relief.

Quackery is the term used when a claim is made which misrepresents a remedy. Quackery and unproven remedies are big business, which cheats the arthritic. It is often reported in sensational ways by the news media/advertising. There are 3 main categories of quack remedies.

- Things you take as medicine.
 - Things you can wear.
 - Things you should or should not eat.
- The safety of these remedies ranges from harmless to risky. Some, like home remedies, are cheap, while others have a veneer of excellence because they are expensive. It is now much more difficult to spot quack remedies because they come 'dressed up' so that they sound legitimate.

WHY DO THESE REMEDIES HAVE SUCH EXCELLENT CLAIMS?

Some of the remedies do contain substances, which will improve some forms of arthritis. It is known that some 'quack remedies' do contain cortisone, which can be dangerous if not being monitored by a doctor.

THE PLACEBO EFFECT

Suggestion and faith in a remedy or a doctor are very powerful forces. When a remedy is used which contains no active principle, but the symptoms improve, it is called a placebo. It is true that people often get better when given a harmless substance. New drugs used for arthritis are first compared with a placebo. Only if it produces better effects than the placebo is it subjected to rigorous tests over prolonged periods to measure its safety and effectiveness. So by the time a new drug is put on the market it has gone through years of testing. This is not the case with many of the 'fringe' treatments for which glowing testimonials may be given in advertisements.

Beware of testimonials and case histories and don't accept them as proof that a remedy works. You never hear how many people found it harmful or ineffective!

IS THERE ANY HARM IN TREATING MYSELF?

It is for you to decide how you wish to be treated, and taking harmless substances is your right, but you need to remember;

- Many forms of arthritis will go away whatever you do.
- Some forms of arthritis are serious and can cause worse pain and disability if you do not get proper advice and treatment early in the disease process.
- There are over 200 different types of arthritis, each calling for different treatment. It is just not possible that a single remedy will be effective for all forms of arthritis.

If you do decide to try something new or offbeat, do remember that it is for your health that you should check it out carefully before you accept or believe in it. Be cautious and suspicious. The following common claims should alert you.

1. Drugs/surgery are condemned and doctors are accused of being misguided for using these treatments.
2. The medical establishment is accused of a conspiracy to prevent progress by refusing to recognise a remedy.
3. A cure for arthritis is offered.
4. The remedy is described as a secret formula.
5. The remedy is given sensational publicity.
6. Testimonials are presented.
7. Quick pain relief is promised.
8. A special diet or nutritional programme is promoted.
9. The treatment is effective because it cleanses the body of poisons/toxins, and this allows the natural healing powers of the body to clear up the arthritis.

ARTHRITIS FOUNDATION IS THE ONLY NATIONAL VOLUNTARY HEALTH ASSOCIATION SEEKING AN ANSWER TO ARTHRITIS. IT EXISTS TO HELP ARTHRITIS SUFFERERS, DOCTORS AND HEALTH PROFESSIONALS THROUGH RESEARCH PROGRAMMES, PATIENT SERVICES AND EDUCATIONAL PROGRAMMES.

ARTHRITIS FOUNDATION IS YOUR CONCERN.

***JOIN Arthritis Foundation NOW
and keep abreast of the latest
information.***

ARTHRITIS FOUNDATION

STIGTING VIR ARTRITIS

Registered Nonprofit Organisation. Registration Number 002 847 NPO
Geregistreeerde Nie-winsgewende Organisasie. Regestrasie Nommer 002 847 NPO

NATIONAL HEAD OFFICE:
PO Box 6775 Roggebaai 8012
709 Tulbagh Centre Cape Town
8001
Tel: (021) 425-2344
Fax: (021) 421-7330 E-mail:
arthept@mweb.co.za
Helpline: 0861-30-30-30

Johannesburg Office:
PO Box 87360 Houghton 2041
Room 4M05 Medical School
Parktown 2193
Tel: (011) 717-2346
Fax: (011) 717-2551
E-mail: afjhb@ichimm.wits.ac.za

Pretoria Office:
PO Box 73242 Lynwood Ridge
0040
Tel: (012) 343-0428
Fax: (012) 343-0742

MEMBERSHIP APPLICATION FORM

Annual Full Membership	R 50.00	Jaarlikse Voile Lidmaatskap
Annual Benefactor Membership	R 100,00	Jaarlikse Weldoener Lidmaatskap
Annual Corporate Membership	R1000,00	Jaarlikse Korporaat Lidmaatskap
Life Patron	R5000.00	Lewensbeskermer

Donation R..... Donasie
Annual Associate Membership R 10,00 Jaarlikse Verenigde Ltdmaatskap
This membership category is designed for interested people or sufferers who cannot afford the cost of full membership.

All cheque and postal orders payable to ARTHRITIS FOUNDATION. For payment by credit card, see below.

Title Titel

Initials Voorletters

Surname Van

Postal Address.....

Postal Code Tel

Signature / Handtekening

For Payment by Credit Card
Card No.

ARTHRITIS FOUNDATION National Head Office

709 Tulbagh Centre
Foreshore
Cape Town
P.O. Box 6775
Roggebaal 8012
Tel: (021) 425-2344
Fax: (021) 421-7330
E-mail: arthcpt@mweb.co.za
National Helpline: 0861-30-30-30

ARTHRITIS FOUNDATION

Johannesburg Office
Room 4M05
Dept. of Orthopaedic Surgery
Parktown Medical School
York Road
2193 Parktown
Tel: (011) 717-2346
Fax: (011) 717-2551
E-mail: afjhb@chiron.wits.ac.za
Help Line: (011) 717-2131

ARTHRITIS FOUNDATION Pretoria Office P.O. Box 73242 Lynwood Ridge 0040
Pretoria Tel: (012) 343-0428 Fax: (012) 343-0742

ARTHRITIS FOUNDATION Western Cape (Regional Office) 705 Tulbagh
Centre Hans Strijdom Avenue 8001 Cape Town Tel: (021) 425-4738

The Receiver of Revenue has granted the ARTHRITIS FOUNDATION exemption from taxes. Their letter dated 7th February 1975 states that all receipts are exempt from income tax; donations to and from the Foundation are exempt from donations tax; bequests or accruals from estates of deceased persons are exempt from estate duty; also any instrument which is executed by the Foundation is exempt from stamp duty.

UNPROVEN REMEDIES