



EVERYDAY HEALTH

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I've found that diet is a powerful treatment tool. Eating an anti-inflammatory diet is healthy and extremely heart-healthy, which can help mitigate the increased risk for heart disease that all RA patients face.



Elroy Vojdani, MD, IFMCP
Healthcare provider for Rheumatoid Arthritis

Diet, Nutrition, Supplements

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Start a daily mindful meditation practice. Work up to 20-30 minutes a day — and it doesn't have to be all at once. Mindful meditation can help us cope with the impact of daily stressors.



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Self-Care, Wellness

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Here's some advice I give my patients: Relax in an infrared sauna! It's a relaxing habit that seems to help reduce pain, stiffness, and fatigue. I advocate the use of them once a week for 45 minutes for all of my patients with RA.



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Complementary Therapy

Pain, Stiffness, Other Symptoms

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Ask your doctor about taking a daily fish oil supplement that has more eicosapentaenoic acid (EPA) than docosahexaenoic acid (DHA).



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