



# The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise.

*Alan Kelton*

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## **The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise.** Alan Kelton

In my book: "The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise" I will describe how someone with arthritis can start to take control of their pain and improve their health. I encourage collaboration with a health professional and will help my readers to learn more about osteoarthritis and self-treatment options. I detail many medications in the book and hope that my readers will be able to reduce their use of prescription and over-the-counter pain medications. I define fitness for someone with arthritis and help the reader to plan and exercise their way to less pain and improved health. My goal is that those affected with osteoarthritis can become a "fit arthritic" with me. From the Foreword: "I am now in my mid-forties and pleasantly enjoying mostly pain-free days. I used to consume more than 2000 ibuprofen tablets yearly and now I rarely take them for knee pain. I can walk for extended distances and finished a day-long hike in Yosemite National Park this year. I am finally at a healthy weight around 175 pounds. I have discovered many principles that have helped me to become more active, suffer from less pain, and yes, consider myself fit once again." ALAN KELTON M.D. is a practicing internal medicine doctor. He is an Assistant Clinical Professor of Medicine at UCSF Fresno. He is listed as one of "Americas Top Physicians" for 2007 and was selected by physicians in the Fresno, California area as a "Best Doctor" and he has been recognized as a "Top Ten" physician for quality of care for two years in a row. He has been a team physician for the Fresno Falcons Professional Hockey team two seasons. He has been an invited lecturer on exercise and osteoarthritis and also for heart disease at Community Hospital's Live Better Women's Health Festival. Having suffered from the effects of osteoarthritis (OA) for more than 20 years, Dr. Kelton wants to give hope and improved health to fellow "fit arthritics." You can find him walking over two miles to breakfast with his three-generation family on most Saturday mornings, weather allowing.

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