

# IF YOU HAVE ARTHRITIS

Don't suffer in silence...  
....something can **ALWAYS**  
be done to help.

If you have osteoarthritis, you may have been told that nothing can be done to ease your foot pain. But **something can always be done** to help control the disease and help your quality of life.

So don't suffer in silence, talk to your podiatrist, GP or consultant about what can be done.

**Don't ignore foot pain.  
Make an appointment today.**



The Society of  
Chiropodists and  
Podiatrists

Find your local registered podiatrist at  
[www.feetforlife.org](http://www.feetforlife.org)