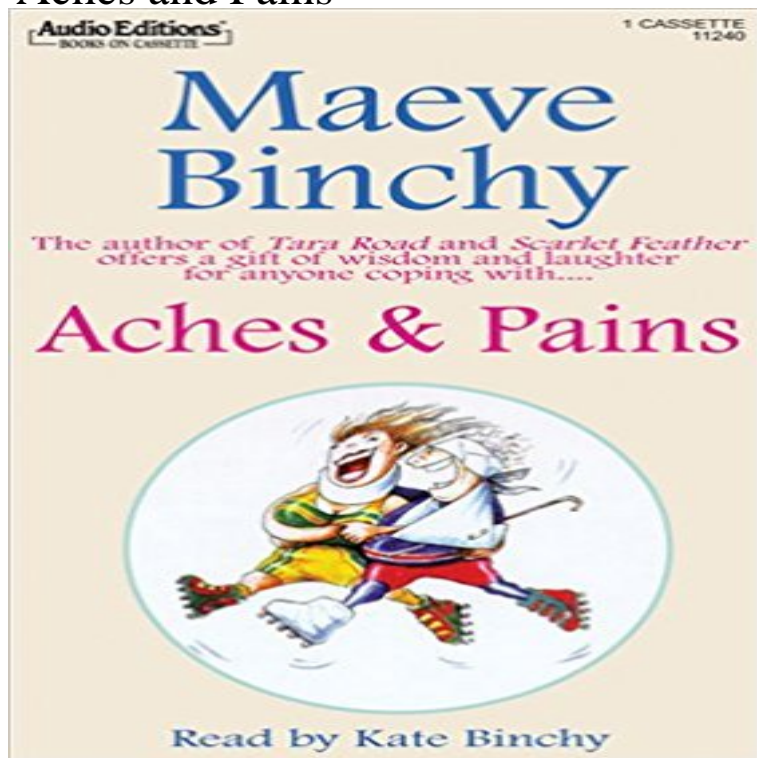


## Aches and Pains



Maeve Binchy infuses this funny and practical book with the same charm, wit, and warmth that are found in her novels. Topics include: six ways to be a perfect hospital visitor, five things nurses don't want to hear patients say, six unusual things to wear in bed as a patient, and five ways to get sleep in a hospital.

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Osteoarthritis. Osteoarthritis happens when the cartilage in your joints breaks down causing pain, stiffness, and swelling.

**Body aches or pains: Common Related Symptoms and Medical** Are aches and fatigue a part of your everyday?

Painful joints? These are telltale symptoms of an **Body aches or pains, Fatigue, Feeling faint and Muscle weakness**

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over-the-counter painkillers and rest, ice, compression, and elevation. When is it time to call the doctor? **Aches and**

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