

## evidence-based resources

### Rheumatoid Arthritis

#### **“8 Tips for Pain-free Travel.” Arthritis Foundation.**

- <https://www.arthritis.org/living-with-arthritis/pain-management/tips/pain-free-travel-tips.php>

#### **Academy of Nutrition and Dietetics. Nutrition Care Manual.**

- <http://www.nutritioncaremanual.org>

#### **American College of Rheumatology.**

- <https://www.rheumatology.org/>

#### **Cutolo, M, Nikiphorou, E. “Don’t Neglect Nutrition in Rheumatoid Arthritis.” RMD Open. 2018;4:e000591. Related Link:**

- <https://rmdopen.bmj.com/content/4/1/e000591>

#### **DiPirci, Joseph. Pharmacotherapy: A Pathophysiologic Approach. 10e. 2017.**

#### **Duncan, K. “Nutrition and Rheumatoid Arthritis.” Today’s Dietitian. 2015. Vol. 17. No. 3. P. 50. Related Link:**

- <http://www.todaysdietitian.com/newarchives/031115p50.shtml>

#### **Duncan, K. “Nutrition Considerations for Patients with Rheumatoid Arthritis.” Today’s Dietitian. 2015. Vol. 17. No. 3. P. 50. Related Link:**

- <http://www.todaysdietitian.com/newarchives/031115p50A.shtml>

#### **Ellis, Mary Ellen. “Anti-Inflammatory Diet for Rheumatoid Arthritis.” Healthline, 2016.**

- <https://www.healthline.com/health/anti-inflammatory-ra-diet>

#### **Eustice, Carol. “Air Travel with Rheumatoid Arthritis: How to Make it Easier.” Everyday Health, 2017.**

- <https://www.everydayhealth.com/rheumatoid-arthritis/living-with/air-travel-with-rheumatoid-arthritis/>

#### **Kennedy, Karen. “Nutrition Guidelines for People with Rheumatoid Arthritis.” Arthritis Foundation.**

- <https://www.arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/rheumatoid-arthritis-diet.php>

#### **Koch, Cheryl. “Nutrition and Rheumatoid Arthritis.” John Hopkins Arthritis Center, 2020.**

- <https://www.hopkinsarthritis.org/patient-corner/disease-management/rheumatoid-arthritis-nutrition/>

#### **Leaky Gut, Autoimmune Disease & Diet. CE International. Onsite seminar. May 31, 2018.**

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**Scarlata, Kate. “For a Digestive Peace of Mind” Kate Scarlata.**

- <https://www.katescarlata.com/>

**Simmons, Jonathon. “Tips for Traveling if you have RA.” Rheumatoid Arthritis, 2013.**

- <https://rheumatoidarthritis.net/living-with-ra/traveling-with-ra/>

**U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services, 2018.**

- [https://www.health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://www.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

**“What is Rheumatoid Arthritis?” Arthritis Foundation.**

- <https://www.arthritis.com/about-arthritis/what-is-rheumatoid-arthritis>

**Zelman, David. “Tips for Traveling with Rheumatoid Arthritis.” WebMD.**

- <https://www.webmd.com/rheumatoid-arthritis/ra-traveling#1>