



# Living with Arthritis: When I'm in pain who can I ask?

## Primary Care - usually your first point of contact

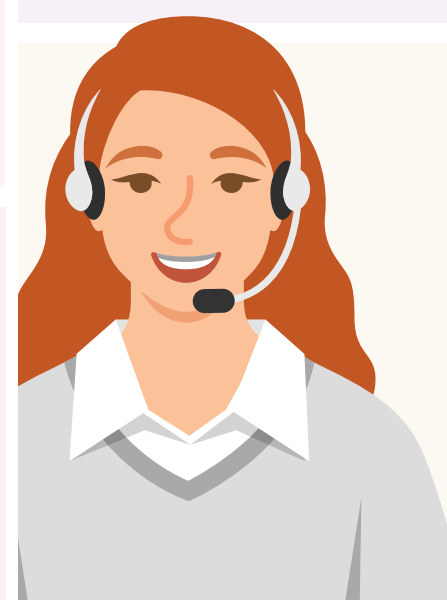
**General Practitioner** - (GP or local doctor). Your GP is usually your main provider of health care and your first point of contact. Your GP can make referrals to specialists as needed.



**Community Pharmacist** - can help you understand your medicines and how to use them safely and correctly.



**Practice Nurse** - Can provide information and support coordinating your care with other members of your health team.



**Arthritis NZ** - Available to support you to understand how the health system works, your arthritis diagnosis and how to live well with arthritis: email - [info@arthritis.org.nz](mailto:info@arthritis.org.nz) or phone - 0800 663 463.

## Secondary Care also known as Medical Specialists



**Rheumatologist** - is a doctor who specialises in diagnosis and medical treatment of joint, muscle and bone disorders. [www.rheumatology.org.nz](http://www.rheumatology.org.nz)

**Musculoskeletal Specialists** - are doctors that assess and treat disorders of the Musculoskeletal system. [www.nzamm.org.nz](http://www.nzamm.org.nz)

**Rheumatology Nurse** - is a link between you and your rheumatologist. You can get advice and ask your rheumatology nurse for help between appointments with your rheumatologist.



**Orthopaedic Surgeons** - specialise in diagnosis and surgical treatment of bone, muscle, and joint disorders. [www.nzoa.org.nz](http://www.nzoa.org.nz)



## Allied Health Professionals - related to specific parts of the body, the workplace or mental wellbeing

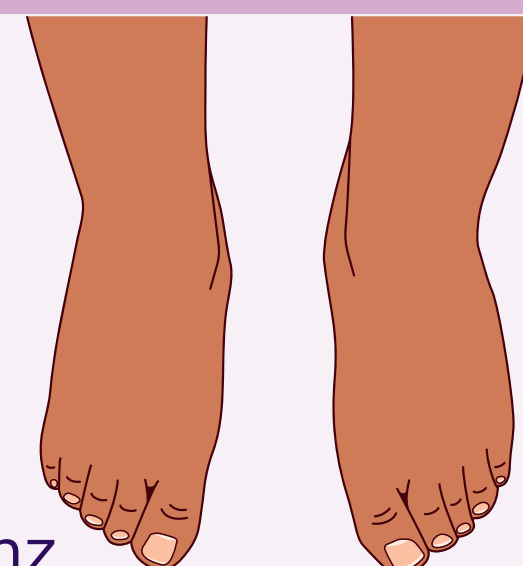


**Dietitians** - are experts in food and nutrition and can provide advice about healthy eating for medical conditions.

Your GP can make referrals to dietitians as needed. [www.dietitians.org.nz](http://www.dietitians.org.nz)

**Podiatrists** - specialise in conditions affecting the feet. They can help with information around footwear, nail care and shoe inserts.

[www.podiatristsboard.org.nz](http://www.podiatristsboard.org.nz)



**Physiotherapists** - can advise on exercise and may also use treatments to keep your joints and muscles flexible. [www.physio.org.nz](http://www.physio.org.nz)



**Occupational Therapists** - can help you adapt your life to your condition, including activities of daily living and advice on useful aids or equipment. [www.otnz.co.nz](http://www.otnz.co.nz)

**Psychologists** - can help with tools to cope with difficult emotions. [www.psychology.org.nz](http://www.psychology.org.nz)

