A picture containing text, outdoor object

Description automatically generated

<http://arthritisnsw.org.au/arthritis/information-sheets/multicultural-information/>

Simply click the links below to view the information sheet as a PDF.

http://www.arthritisaustralia.com.au/images/stories/icons/sa.gifArabic:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_WhatisArthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/what_is_arthritis.gif)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_DealingwithPain.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/dealing_with_pain.gif)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_HealthyEatingActivity.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/healthy_eating.gif )

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_Medicines.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/medicines_and_arthritis.gif )

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_WorkingHealthTeam.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/working_with_healthcare.gif)

[Methotrexate](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_Methotrexate.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Methotrexate.gif)

[NSAIDs](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_NSAIDs.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/NSAIDs.gif)

[Paracetamol](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_Paracetamol.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Paracetamol.gif)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_CompleTherapies.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Complementary-therapies.gif)

[Osteoarthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_Osteoarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Osteoarthritis.gif)

[Rheumatoid arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_RheumatoidArthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Rheumatoid-arthritis.gif)

[Fish oils](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_FishOils.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Fish-oil.gif)

[Glucosamine and chondroitin](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Arabic_GlucosamineChondroitin.pdf)(http://www.arthritisaustralia.com.au/images/stories/images/multicultural/arabic/Glucosamine-and-chondroitin.gif)

http://www.arthritisaustralia.com.au/images/stories/icons/cn.gifChinese:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_WhatisArthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/what_is_arthritis.gif )

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_DealingwithPain.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/dealing_with_pain.gif)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_HealthyEating.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/healthy_eating.gif )

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Medicinesarthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/medicines_and_arthritis.gif)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_WorkingwithHealthTeam.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/working_with_healthcare.gif )

[Methotrexate](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Methotrexate.pdf)(http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Methotrexate-2.jpg)

[NSAIDs](http://arthritisnsw.org.au/wp-cohttp:/arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_NSAIDs.pdfntent/uploads/2014/03/Cantonese_NSAIDs.pdf) [([http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/NSAIDs.gif](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Paracetamol.pdf))](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Paracetamol.pdf)

[Paracetamol](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Paracetamol.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Paracetamol.gif)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_CompleTherapies.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Complementary-therapies.gif)

[Osteoarthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_Osteoarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Osteoarthritis.gif)

[Rheumatoid arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_RheumatoidArthritis.pdf)(http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Rheumatoid-arthritis.gif)

[Fish oils](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_FishOils.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Fish-oil.gif)

[Glucosamine and chondroitin](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Cantonese_GlucosamineChond.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/chinese/Glucosamine-and-chondroitin.gif)

http://www.arthritisaustralia.com.au/images/Croatian%20flag.jpgCroatian:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_WhatisArthritis.pdf) (Što je artritis?)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_DealingwithPain.pdf) (Kako živjeti s bolovima)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_HealthyEating.pdf) (Zdrava ishrana i fizička aktivnost)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_MedicinesArthritis.pdf) (Lijekovi i artritis)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_WorkingwithHealthTeam.pdf) (Surađujte sa svojim timom zdravstvenih djelatnika)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Croatian_CompleTherapies.pdf) (Dopunske terapije)

http://www.arthritisaustralia.com.au/images/stories/icons/gr.gifGreek:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Whatisarthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/what_is_arthritis.gif)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Dealingwithpain.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/dealing_with_pain.gif )

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_HealthyEatingphys.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/healthy_eating.gif )

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Medincinesarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/medicines_and_arthritis.gif )

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_WorkingwithHealthTeam.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/working_with_healthcare.gif)

[Methotrexate](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Methotrexate.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Methotrexate.gif)

[NSAIDs](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_NSAIDs.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/NSAIDs.gif)

[Gout](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Gout.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Gout.gif)

[Paracetamol](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Paracetamol.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Paracetamol.gif)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_CompliTherapies.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Complementary-therapies.gif)

[Osteoarthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Osteoarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Osteoarthritis.gif)

[Rheumatoid arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_RheumatoidArthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Rheumatoid-arthritis.gif)

[Fish oils](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_Fishoils.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Fish-oil.gif)

[Glucosamine and chondroitin](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Greek_GlucosamineChon.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/greek/Glucosamine-and-chondroitin.gif)

Italian:

[Complementary Therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_CompleTherapies.pdf) (Terapie complementari)

[Fish Oils](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_FishOils.pdf) (Oli di pesce)

[Glucosamine and chondroitin](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_GlucosamineChond.pdf) (Glucosamina e condroitina)

[Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_NSAIDs.pdf)(Farmaci antinfiammatori non steroidei) (FANS)

[Osteoarthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_Osteoarthritis.pdf) (Osteoartrite)

[Paracetamol](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_Paracetamol.pdf)(Paracetamolo)

[Rheumatoid arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_RheumatoidArthritis.pdf) (Artrite reumatoide)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_DealingwithPain.pdf) (Come far fronte al dolore)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_HealthyEating.pdf) (Mangiare sano e attività fisica)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_Medicines-ans-arthritis.pdf) (I farmaci e l’artrite)

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_WhatisArthritis.pdf) (Cos’è l’artrite?)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Italian_WorkingHealthTeam.pdf) (Collaborate con il team di operatori sanitari)

http://www.arthritisaustralia.com.au/images/Korean%20flag.jpgKorean:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_whatisarthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/What_is_A.PNG)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_dealingwithpain.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/Dealign_with_Pain.PNG )

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_healthyeatingphys.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/Healthy_eating.PNG)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_medicinesarthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/2/Med_and_arthritis.PNG)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_workingwithhealthteam.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/Working_with_your_healthcares_team.PNG)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/03/Korean_CompleTherapies.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/Korean/2/Comp_therapies.PNG)

http://www.arthritisaustralia.com.au/images/Macedonian%20flag.jpgMacedonian:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_Whatisarthritis.pdf) (Што е артритис?)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_Dealingwithpain.pdf) (Справување со болки)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_HealthyEating.pdf) (Здрава исхрана и физички активности)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_MedicinesArth.pdf) (Лекови и артритис)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_WorkingHealthTeam.pdf) (Соработка со вашиот здравствен тим)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Macedonian_CompleTherapies.pdf) (Комплементарни терапии)

http://www.arthritisaustralia.com.au/images/Persian%20flag.jpgPersian:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_WhatisArthritis.pdf) ( http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/p_whatisa.PNG)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_DealingwithPain.pdf) ( http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/2/p_dealing_with_pain.PNG)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_HealthyEating.pdf) ( http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/p_healthy_eating.PNG)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_MedicinesArthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/2/p_med.PNG )

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_WorkingHaelthTeam.pdf) ( http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/working_with_your_health_care.PNG)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Persian_CompleTherapies.pdf) (http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/2014/Multicultural/Persian/comp_th.PNG )

http://www.arthritisaustralia.com.au/images/Spanish%20flag.jpgSpanish:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_Whatisarthritis.pdf) (¿Qué es la artritis?)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_Dealingwithpain.pdf) (Sobrellevar el dolor)

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_HealthyEatingPhys.pdf) (La alimentación sana y la actividad física)

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_Medicinesarthritis.pdf) (La alimentación sana y la actividad física)

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_WorkingwithHealthTeam.pdf) (Recurra al equipo de atención médica)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Spanish_CompleTherapies.pdf) (Terapias complementarias)

http://www.arthritisaustralia.com.au/images/stories/icons/vn.gifVietnamese:

[What is arthritis?](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Whatisarthritis.pdf)( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/what_is_arthritis.gif)

[Dealing with pain](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Dealingwithpain.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/dealing_with_pain.gif )

[Healthy eating and physical activity](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_HealthyEatingPhys.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/healthy_eating.gif )

[Medicines and arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Medicinesarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/medicines_and_arthritis.gif )

[Working with your healthcare team](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_WorkingwithHealthTeam.pdf) ( http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/working_with_healthcare.gif)

[Methotrexate](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Methotrexate.pdf) http://www.arthritisaustralia.com.au/images/stories/documents/info_sheets/multicultural/colour/Methotrexate-2.jpg

[NSAIDs](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_NSAIDs.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/NSAIDs.gif)

[Paracetamol](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Paracetamol.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/Paracetamol.gif)

[Complementary therapies](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_CompleTherapies.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/Complementary-therapies.gif)

[Osteoarthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Osteoarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/Osteoarthritis.gif)

[Rheumatoid arthritis](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Rheumatoidarthritis.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/Rheumatoid-arthritis.gif)

[Fish oils](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_Fishoils.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/fish-oil.gif)

[Glucosamine and chondroitin](http://arthritisnsw.org.au/wp-content/uploads/2014/04/Vietnamese_GlucosamineChond.pdf) (http://www.arthritisaustralia.com.au/images/stories/images/multicultural/vietnamese/Glucosamine-and-chondroitin.gif)

Please contact Arthritis & Osteoporosis NSW, on 1800 011 041, if you would like any further information.

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