

Switching Biologics

author:



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Synopsis

In this episode I discuss an article from axialspondyloarthritis.net that discusses some things to consider about biologics. As always, this is designed to help you plan the conversations you may need to have with your doctor(s). Here is a link to the article.

Here are the links to the YouTube channels for:

- Yoga for AS
- Alex Levine, Fitness Alex's Full Workout Video

All the below links are affiliate links. If you purchase any of the items, I may earn a small commission. It does not change the price of items.

Get paid to take tests. Here is a link to Rare Patient Voice. If you take part in a study, you can get paid (amount varies).

<https://rarepatientvoice.com/TheAxialSpondyloarthritisPodcast/>

Here are some links to Amazon showing some of the items I discussed.

- Ankylosing Spondylitis and Axial Spondyloarthritis The Facts Series by Dr. Khan
- Uberlube - <https://amzn.to/3i604N2>
- Here is the Bean Bag neck warmer <https://amzn.to/3uN6mcg>
- Biofreeze - <https://amzn.to/33gygBS>
- Cane - <https://amzn.to/3uN9fts>
- Heating Pad - <https://amzn.to/3Bjd5vz>
- Weighted Blanket - <https://amzn.to/36RCdi7>
- Steff Di Pardo's new book - I Am Not Invisible - <https://amzn.to/3JpDScA>
- All My Ankylosing Spondylitis Shit: Pain and Symptom Tracker by Kinsella Love <https://amzn.to/34CHhpx>

Reader's comments

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