

**20. Can I use complementary or herbal remedies?**

Complementary or herbal medicines, may interact with prescribed drugs and we advise if you wish to use these therapies please discuss this with our staff when you attend clinic.

Further information may be obtained from the Arthritis Research UK and Arthritis Care.

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

