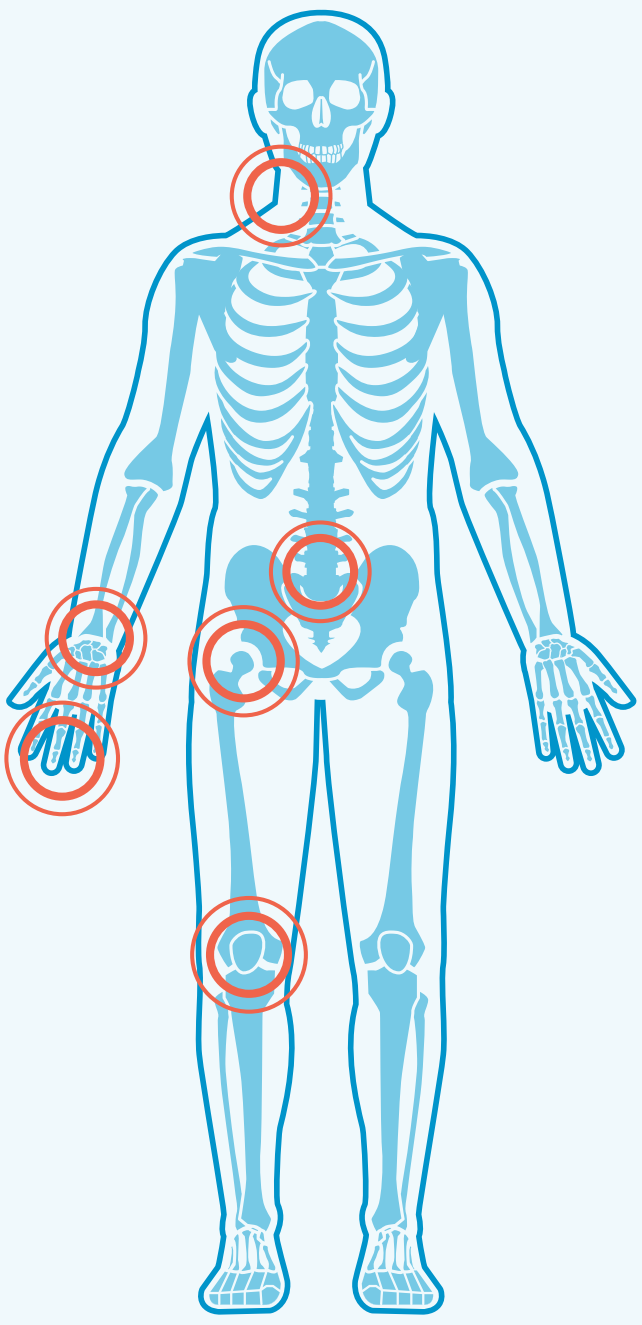
ALL ABOUT **OSTEOARTHRITIS**



WHAT IS OSTEOARTHRITIS?

- Most common form of arthritis
- Sometimes called degenerative joint disease or "wear and tear" arthritis
- Frequently occurs in the hands, hips and knees
- Caused by damage or breakdown of joint cartilage between bones
- Changes usually develop slowly and get worse over time
- Diagnosed through a physical examination and review of symptoms, X-rays and lab tests

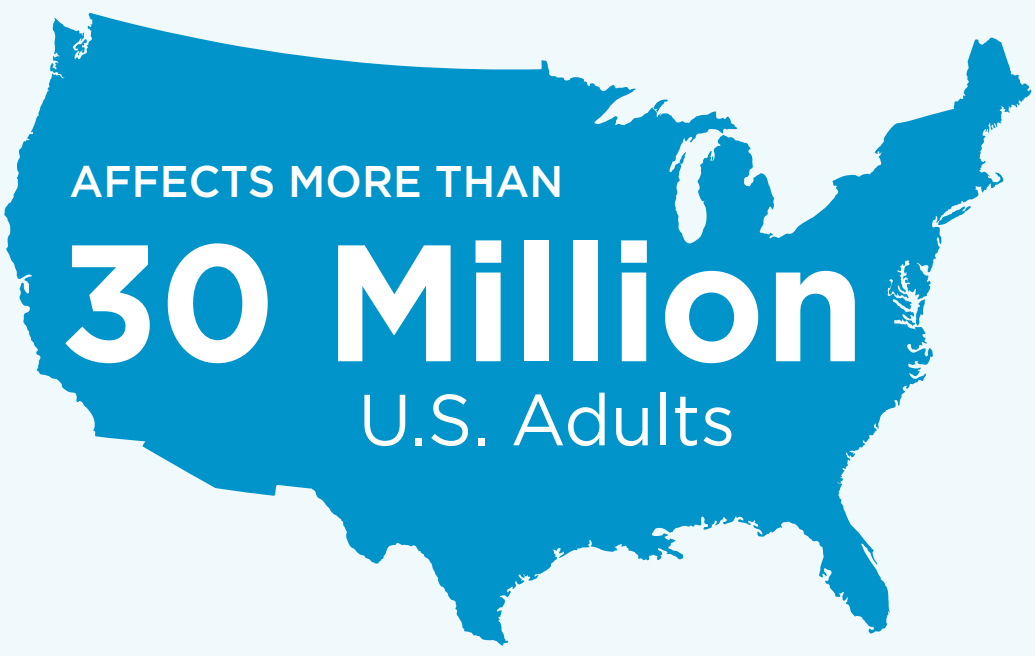
SIGNS AND SYMPTOMS

Pain or aches

Stiffness

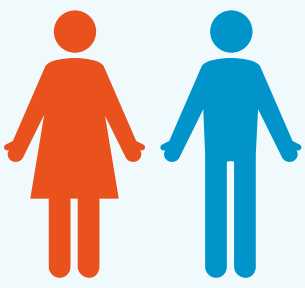
Decreased range of motion

Swelling

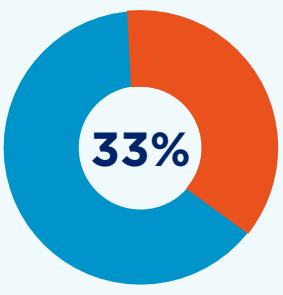


RISK FACTORS

- Joint injury or overuse
- Obesity
- Genetics
- Race



Women are **more likely** to develop



Aging – 33% of adults **age 45+** have OA in at least one joint

TREATMENT

Physical activity

Medications

Physical therapy

Weight loss

Supportive devices

Surgery

IMPROVE YOUR QUALITY OF LIFE

Get physically active.
Moderate physical activity such as walking, swimming, biking or physical activity programs are recommended.

Lose weight.
For people who are overweight or obese, losing weight reduces pressure on joints, particularly weight bearing joints like the hips and knees. Reaching or maintaining a healthy weight can relieve pain, improve function and slow the progression of OA.

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