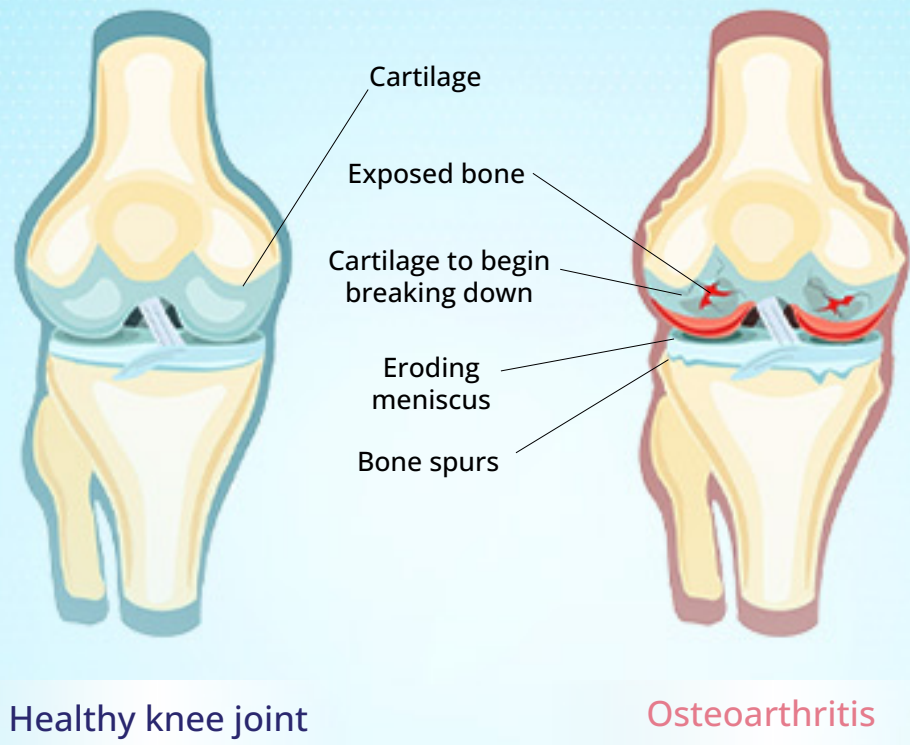


Osteoarthritis: The “Wear & Tear” Disease

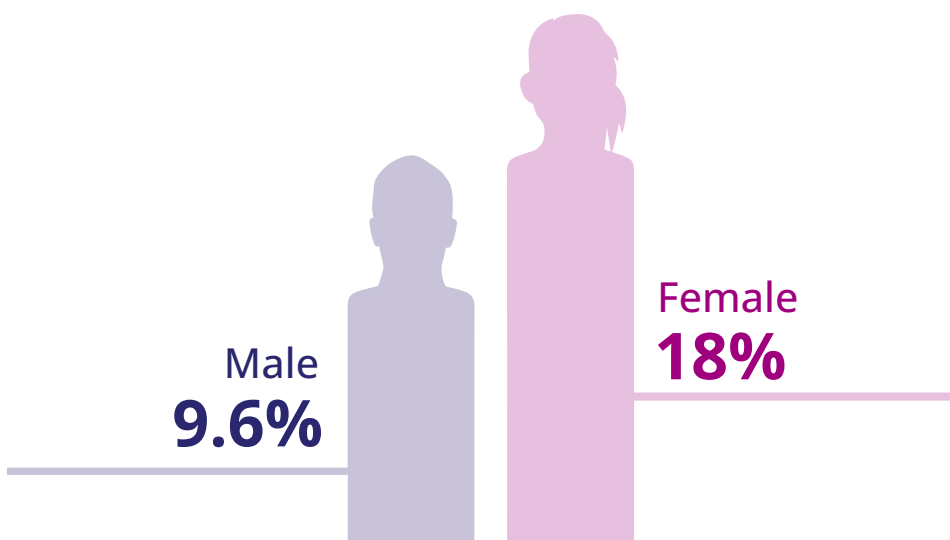
Osteoarthritis is the most common form of arthritis.¹

It is a **degenerative joint disease**, which causes **disability** and impacts the **QoL**, daily routine **activities**, **health**, and **well-being** of elderly patients.^{1,2}



YOU ARE NOT ALONE^{3,4}

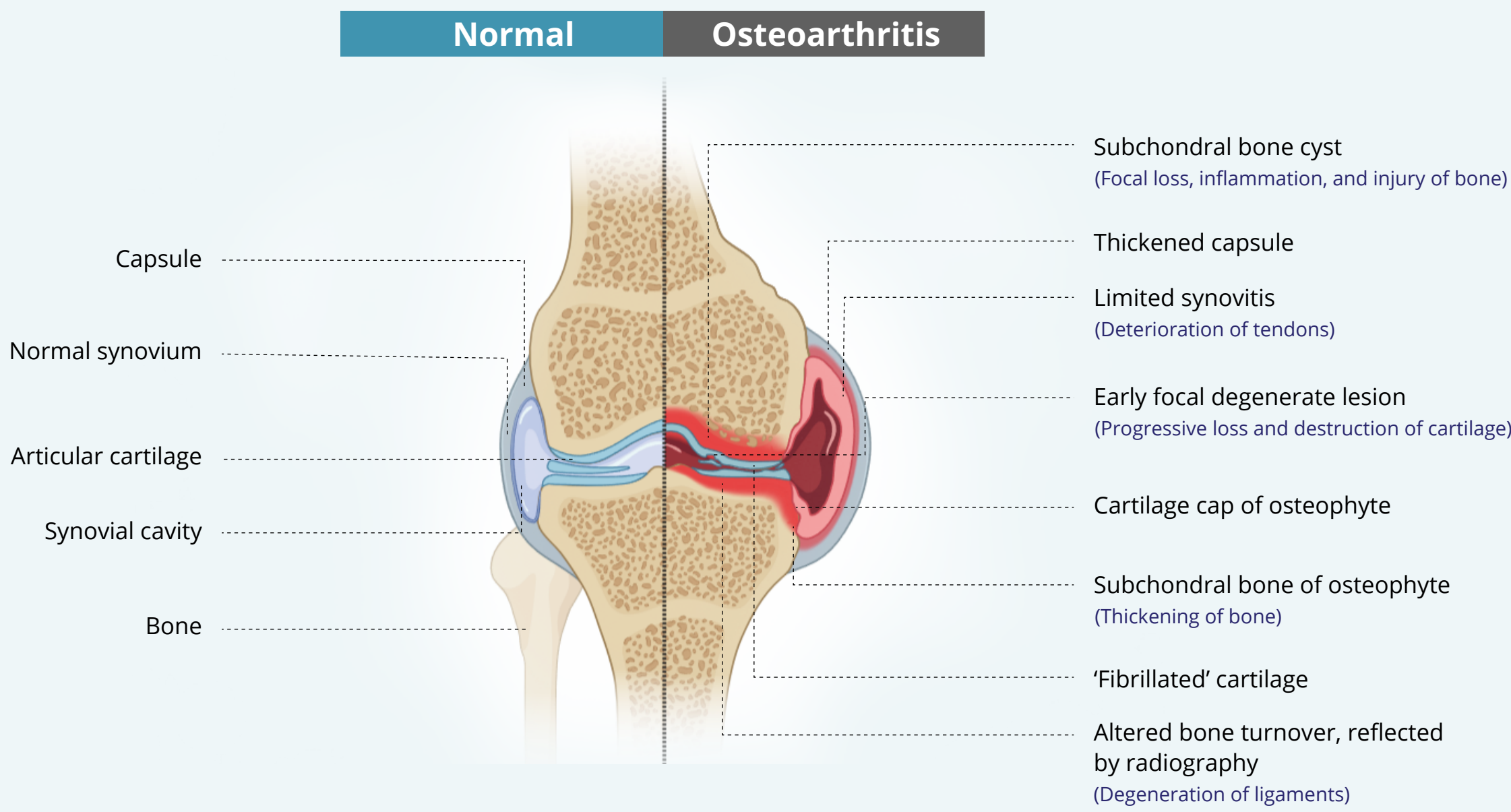
Globally, osteoarthritis affects approximately **320 million** people.³



Universally, 9.6% of men and 18% of women are reported to have symptomatic osteoarthritis (≥60 years).⁴

Osteoarthritis is manifested by changes in the joints

Pathological changes in normal vs osteoarthritis bone⁵



Pain, swelling, and deformity of the joint occur in patients with osteoarthritis.^{5,6}

Different people exhibit different signs and symptoms⁶

Signs⁶

Bone enlargement

Pain while moving

Crunching sensation (crepitus) on motion

Tenderness on pressure

Joint deformity

Symptoms⁶

Joint pain

Morning stiffness (like joint pain)

A feeling of stiffness (gel phenomenon)

Buckling or instability (knee weakness)

Loss of function

Several risk factors increase the chances of developing osteoarthritis⁷



Features that help in diagnosis⁷

Osteoarthritis increases with **stress** on the joints due to **running** or **prolonged walking**. **Joint swelling** and pain usually **develop** and **worsen gradually** over time. In a more **severe** disease condition, the patients may feel **crunching** or **grinding** in their **damaged joints**.⁷

The signs may **aid** in the identification of **arthritis**. Osteoarthritis is often identified by **medical specialists** by assessing the **symptoms**. To **rule out any** other cause, **X-rays** may be useful.⁷



Management of osteoarthritis to improve QoL⁷

Osteoarthritis has no known treatment; nevertheless, mild-to-moderate symptoms are typically controlled by the following:⁷

Pharmacological approach

- Medications (topical pain medicines and oral analgesics)
- Healthy eating and managing diabetes and cholesterol
- Intra-articular injection therapies (steroid, hyaluronic acid “gel”)
- Complementary and alternative medicine strategies, including vitamins and supplements

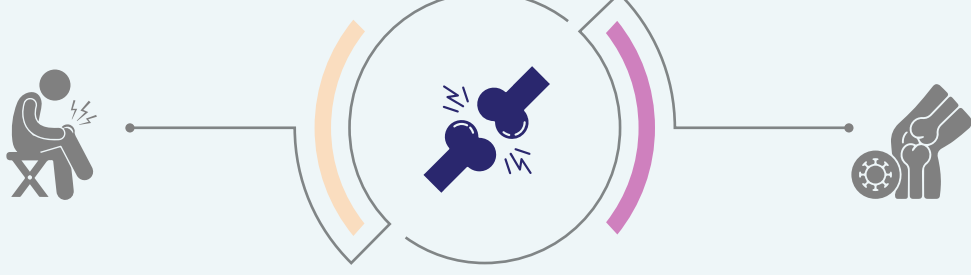
Non-pharmacological approach

- Physical, occupational, and exercise (land- and water-based)
- Intermittent hot and cold packs (local modalities)
- Weight loss (if overweight)
- Supportive devices such as braces, orthotics, shoe inserts, cane, or walker

When **alternative medical therapies** are **ineffective**, **surgery** may be helpful to **relieve pain** and **restore function**, especially with **severe osteoarthritis**.⁷

The treatment goal should be to:⁷

Reduce joint pain and stiffness, thereby delaying the progression of osteoarthritis.



Improve mobility and function, thereby enhancing the overall QoL.

Other resources for patient information on osteoarthritis

Several other resources such as the American College of Rheumatology & The Arthritis Foundation provide better information related to control and effective management of osteoarthritis. To know more, please get in touch with your healthcare provider.⁷

For more information, please visit:

<https://www.myhealthmylife.com/my/Pain/understanding-joint-pain>

QoL: Quality of life

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