**Osteoarthritis(OA)**

OA is the most common joint disorder in the world. OA is almost always caused by increased physical forces causing damage to a joint(anatomy and load on joints).The individual joints most commonly affected by OA are the knee, hip, hand, spine and foot, with the wrists, shoulders and ankles less frequently developing OA(hips and knees the most affected in most cases).Overweight old people have higher risk of OA.

**Symptoms**

* Primary symptoms include joint pain and stiffness.

**Age Group:** 50+

**Gender:** Among adults 60 years of age or older the prevalence of symptomatic knee OA is approximately 10% in men and 13% in women.

People with African ancestry are more likely to be affected by OA.

**Sources:**

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