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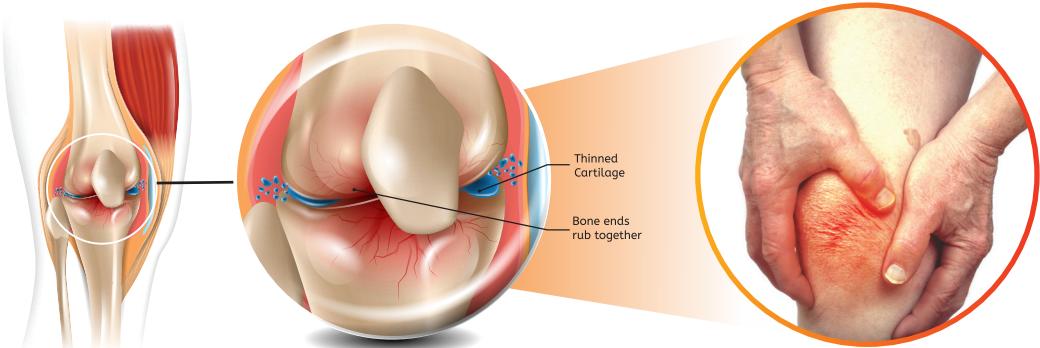


**Abbott**

# Good Living with **OSTEOARTHRITIS**



## KNOWING OSTEOARTHRITIS



- Osteoarthritis is the most common form of arthritis, and one of the leading causes of pain and disability worldwide
- It is caused by breakdown of cartilage that cushions the joints<sup>1</sup>
- It is an age-related disorder and affects mostly people who are > 50 year of age, but younger people and even teenagers can also be affected<sup>2</sup>
- It can affect any joint, but usually affects the knees, hips, hands, feet and spine<sup>3</sup>

### How to lead a healthy life with osteoarthritis?<sup>4,5</sup>



Early and active preventive measures

Maintain physical and mental health

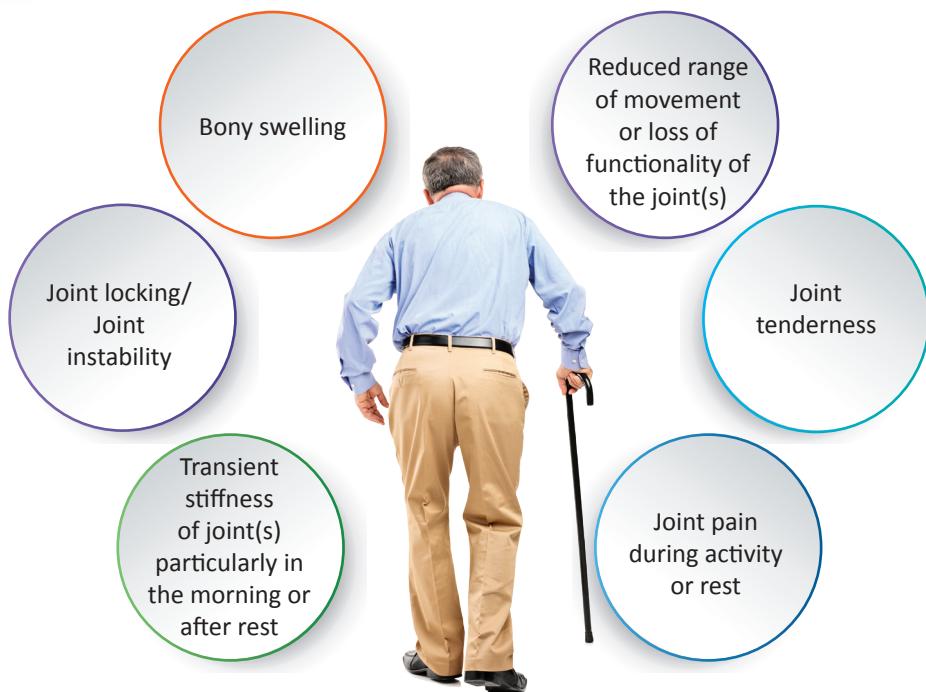
Right support

Pain coping skill training

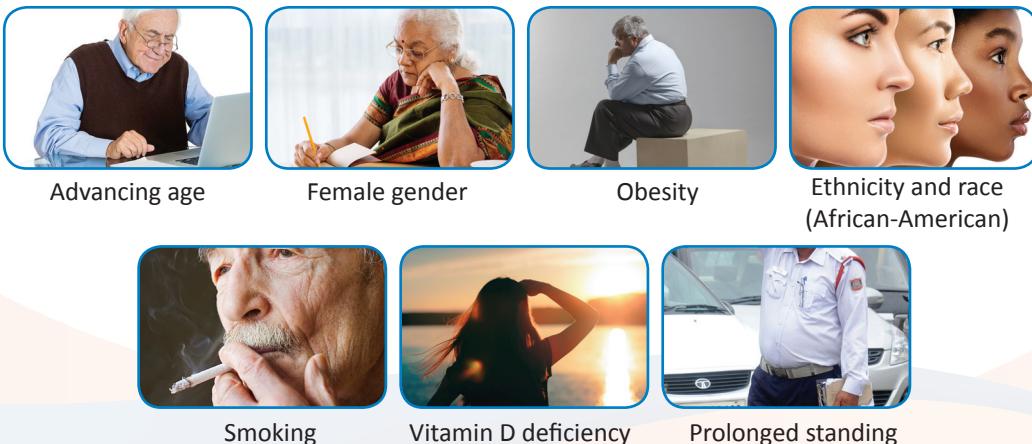




## SIGNS AND SYMPTOMS OF OSTEOARTHRITIS<sup>6</sup>



### Risk factors for osteoarthritis<sup>3,7</sup>





## DIAGNOSIS AND MANAGEMENT OF OSTEOARTHRITIS

### Diagnosis of osteoarthritis<sup>8</sup>



Physical evaluation of joints

Imaging investigations such as X-ray

Blood evaluation

Joint fluid aspiration and evaluation

### Management of osteoarthritis<sup>8</sup>

Optimal management involves non-pharmacological and pharmacological approaches that aims on preventing and stopping disease progression.

#### Non-pharmacological approach

##### Lifestyle modifications<sup>9,10</sup>



Regular exercises



Weight loss



Use trolleys or walking stick



Wear comfortable shoes



Counselling and support



Balancing activity and rest



Eating healthy



Adequate sun exposure



## MANAGEMENT OF OSTEOARTHRITIS

### Dietary changes<sup>11</sup>



#### Cholesterol reduction

- Reduce intake of food high in saturated fats (such as butter)
- Increase intake of mono-unsaturated oils (such as rapeseed and olive oil, nuts)
- Avoid omega-6 polyunsaturated fats (found in sunflower oil and grapeseed oils)



#### Antioxidants (vitamins A, C, E)

- Vitamin A: Carrots, sweet potatoes, cod liver oil
- Vitamin C: Citrus fruits, black currants, red and green bell pepper
- Vitamin E: Vegetable oil, whole grain and cereals, nuts and seeds



#### Increase vitamin D intake

Oily fish, eggs (yolks), vitamin-D-fortified spreads, fortified milk, fortified cereals



#### Increase vitamin K intake

Green-vegetables such as spinach, brussels sprouts, kale and broccoli



#### Fluid intake

Drink plenty of water. Avoid alcoholic beverages and drinks with high sugar content.





## MANAGEMENT OF OSTEOARTHRITIS

### Exercises and physical therapy<sup>12</sup>



Strengthening exercises



Aerobic exercises



Water therapy and exercises



Yoga

### Pharmacological approach<sup>13</sup>



#### Drug therapy

- Pain killers (analgesics)
- Pharmacological supplementations, such as glucosamine
- Injections of pharmacological agents inside the joint

### Surgical procedures

- Removal of unstable tissues and bony growth
- Joint replacement



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