Arthritis cure - adding THIS to diet could reduce painful symptoms in the knees

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OSTEOARTHRITIS - a form of arthritis - is a condition that affects your joints and prevents them moving smoothly. Experts have now revealed eating a diet rich in fibre is linked to a lower risk of painful knee osteoarthritis.

A fibre-rich diet including oats, fruit, root vegetables such as carrots and potatoes, is linked to a reduced risk of [painful knee osteoarthritis](http://www.express.co.uk/life-style/health/790885/arthritis-symptoms-pain-cure-osteoarthritis-rheumatoid-exercise), researchers have revealed.

The findings, which draw on two different long term studies, echo other reported health benefits of a fibre-rich diet.

These include reductions in blood pressure, weight, reducing inflammation, and improved blood glucose control.

The researchers analysed data from two US studies in a bid to find out if [dietary fibre](http://www.express.co.uk/life-style/health/675819/how-much-alcohol-you-can-drink-if-you-suffer-with-gout) might have any bearing on the risks of x-ray evidence of knee osteoarthritis, symptomatic knee osteoarthritis and worsening knee pain.

The first of these studies was the Osteoarthritis Initiative (OAI) which tracks the health of nearly 5000 US men and women with, or at risk of, osteoarthritis.

Experts said they wanted to to pinpoint the risk factors for the condition.

The participants have an average age of 61.

The second was part of the Framingham Offspring cohort study, which has been tracking the health of more than 1,200 people from the original Framingham Heart Study and their partners since 1971.

For the current study, results are based on data first taken between 1993 and 1994, when participants were 54.

In both of the studies, dietary fibre intake was measured using Food Frequency Questionnaire responses.

Types of arthritis

**This data demonstrates a consistent protective association between total fibre intake and symptom-related knee osteoarthitis**

Fibre intake averaged out at around 15g daily in the first study, and 19g daily in the Framingham Offspring study.

Experts collected information on symptoms, x-ray evidence and data on potentially influential factors for arthritis.

The included knee injuries or surgery, medication, and lifestyle, including tobacco and alcohol use and physical exercise.

At the end of four years, among the 4,051 participants in the OAI with complete data on dietary fibre intake, 869 knees were symptomatic; 152 displayed x-ray evidence of osteoarthritis, and pain had worsened in 1964.

After an average of nine years, among 971 participants in the Framingham Offspring study with complete dietary fibre data, 143 knees were symptomatic and 175 displayed x-ray evidence of osteoarthritis.

The researchers said analysis of the data showed that eating more fibre was associated with a lower risk of painful knee osteoarthritis.

Additionally, among the OAI participants, eating more fibre in general, and a high cereal fibre intake, were associated with a significantly lower risk of worsening knee pain.

Researchers said the findings hold true, regardless of other potentially influential factors.

The researchers said: “These data demonstrate a consistent protective association between total fibre intake and symptom-related knee [osteoarthritis] in two study populations with careful adjustment for potential confounders.”.

The study was published online in the Annals of the Rheumatic Diseases.