

MediWise Disease Report

Disease: Osteoarthritis

Description:

Osteoarthritis is a degenerative joint disease that affects the cartilage in joints.

Medications:

- NSAIDs
- Disease-modifying antirheumatic drugs (DMARDs)
- Biologics
- Corticosteroids
- Joint replacement surgery

Precautions:

- acetaminophen
- consult nearest hospital
- follow up
- salt baths

Recommended Diet:

- Arthritis Diet
- Anti-Inflammatory Diet
- Omega-3-rich foods
- Fruits and vegetables
- Whole grains

Recommended Workout:

- Consume anti-inflammatory foods
- Include omega-3 fatty acids
- Consume antioxidant-rich foods
- Stay hydrated

- Limit processed foods
- Include vitamin K-rich foods
- Consult a healthcare professional
- Follow medical recommendations
- Engage in low-impact exercise
- Maintain a healthy weight

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