

Causes of Osteoarthritis

CARD No.2

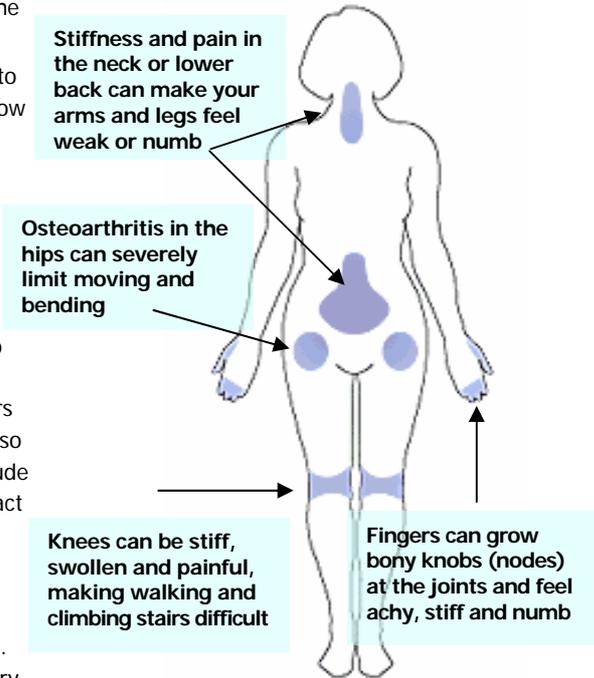


Scientists still do not know the exact reasons why some people (especially women) are more likely to get osteoarthritis. What they do know is that you can get osteoarthritis in any joint, most commonly in the hands, fingers, knees, hips and spine. Typically, these joints experience more "wear and tear" as you get older.

Osteoarthritis is often referred to as a degenerative joint condition, because your cartilage simply wears out over time. But young people also get osteoarthritis. Risk factors include prior joint injury, playing high-impact and repetitive sports, being overweight and muscle weakness.

Chronic joint pain is the most common symptom of osteoarthritis. But the disease tends to affect every person and every joint differently.

In some people, symptoms are quite mild. In others, the pain, swelling and loss of mobility can be very severe. Talk to your Practitioner or Pharmacist about how best to manage your treatment. Getting a correct diagnosis is essential. Effective treatment should target pain management, joint movement and lifestyle change. Your personal treatment plan should also take into account the unique nature of your symptoms, age, occupation, and sport/lifestyle interests.



LIFESTYLE TIPS

- Think positively. Focus on the things you can control.
- Osteoarthritis can be diagnosed by your Practitioner based on a physical exam, the history of symptoms and X-ray.
- Your Practitioner and Pharmacist are trained to offer advice about your medications and treatment.
- Exercise cautiously when you are suffering from pain, swelling or joint inflammation. If symptoms persist, seek advice.

SELFCARE

- Visit your Practitioner or Pharmacist to discuss your joint pain. Tell them about any medications you are taking.
- Track your symptoms by recording common times and activities that cause pain.
- When you suffer from a painful "flare-up", decrease the loads on your joints, but still try to keep them moving.

Common Symptoms of Osteoarthritis

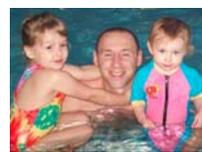


Healthy joints have healthy cartilage. Cartilage is a firm, rubbery material that covers the ends of your bones. In healthy joints, cartilage works like a natural shock absorber to cushion impact and help to protect your joints.

In joints with osteoarthritis, the cartilage is being worn down. Fragments of cartilage break away, leaving your bones exposed. Painful spurs can grow from the edges of unprotected bone, and synovial (joint) fluid production increases, which causes your joints to stiffen and swell. Symptoms include:

- Steady or chronic pain in a joint
- Stiffness first thing in the morning
- Joint swelling and/or tenderness
- Crunching sound / feeling of bone grinding on bone

Osteoarthritis is treatable ... Take Action!



Enjoy a more active lifestyle with Genflex ... For Generations

