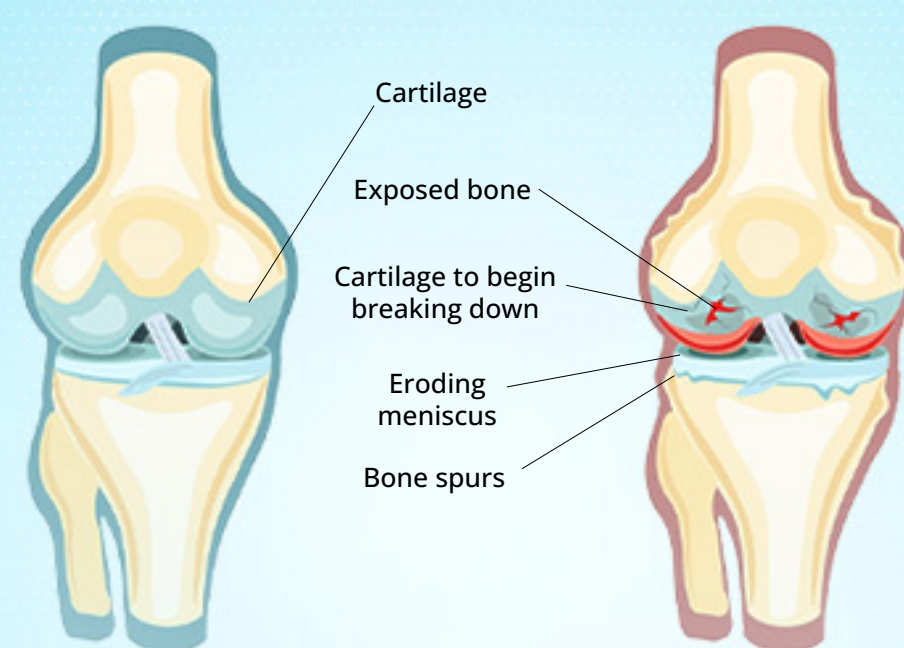


# Osteoarthritis: The “Wear & Tear” Disease

## Osteoarthritis is the most common form of arthritis.<sup>1</sup>

It is a **degenerative joint disease**, which causes **disability** and impacts the **QoL**, daily routine activities, **health**, and **well-being** of elderly patients.<sup>1,2</sup>



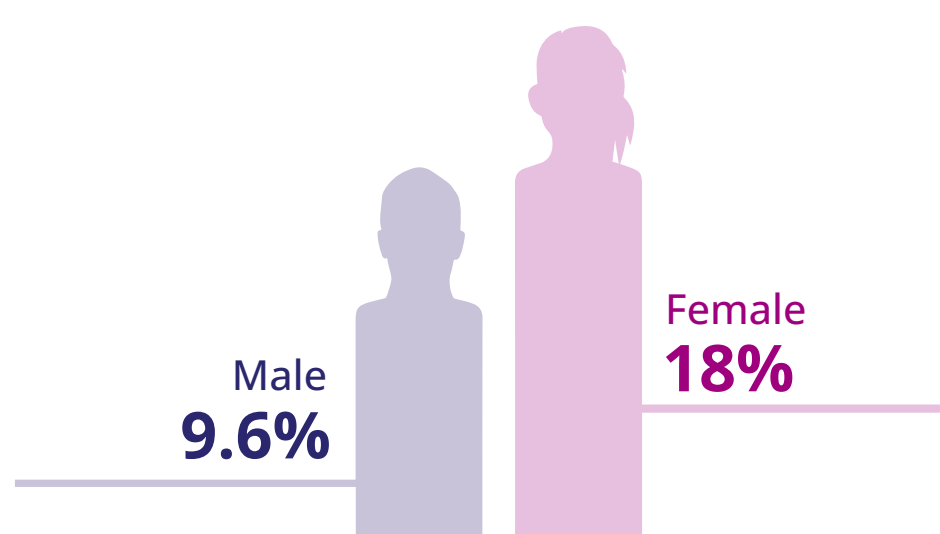
Healthy knee joint

Osteoarthritis

Adapted from: Mao L, et al. Drug Deliv. 2021;28(1):1861-1876.

## YOU ARE NOT ALONE<sup>3,4</sup>

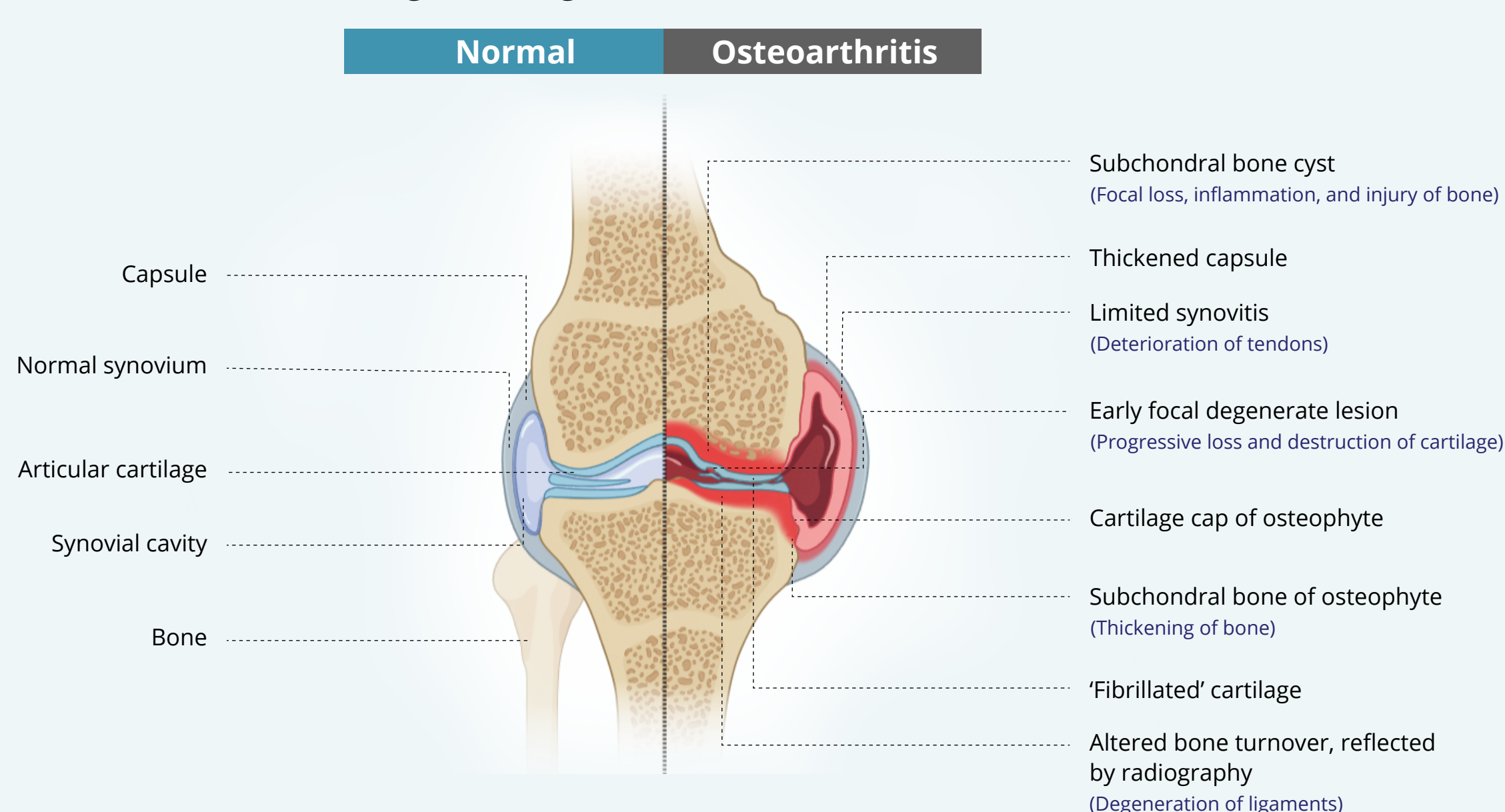
Globally, osteoarthritis affects approximately **595 million** people.<sup>3</sup>



Universally, 9.6% of men and 18% of women are reported to have symptomatic osteoarthritis (≥60 years).<sup>4</sup>

## Osteoarthritis is manifested by changes in the joints

Pathological changes in normal vs osteoarthritis bone<sup>5</sup>



**Pain, swelling, and deformity of the joint occur in patients with osteoarthritis.**<sup>5,6</sup>

## Different people exhibit different signs and symptoms<sup>6</sup>

### Signs<sup>6</sup>

- Bone enlargement
- Pain while moving
- Crunching sensation (crepitus) on motion
- Tenderness on pressure
- Joint deformity

### Symptoms<sup>6</sup>

- Joint pain
- Morning stiffness (like joint pain)
- A feeling of stiffness (gel phenomenon)
- Buckling or instability (knee weakness)
- Loss of function

## Several risk factors increase the chances of developing osteoarthritis<sup>7</sup>



## Features that help in diagnosis<sup>7,8</sup>

**Osteoarthritis** increases with **stress** on the joints due to **prolonged activity**. **Joint swelling** and pain usually **develop** and **worsen gradually** over time.

The signs may **aid** in the identification of **arthritis**. Osteoarthritis is often identified by **medical specialists** by assessing the **symptoms**. To **rule out any** other cause, **X-rays** may be useful.<sup>9</sup>



## Management of osteoarthritis to improve QoL<sup>9-12</sup>

Osteoarthritis has no known treatment; nevertheless, mild-to-moderate symptoms are typically controlled by the following:<sup>7</sup>

### Pharmacological approach

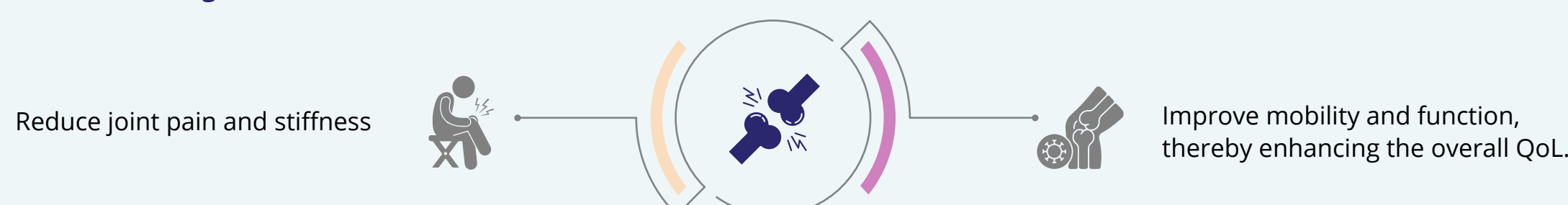
- Medications (topical pain medicines and oral analgesics)
- Intra-articular injection therapies (steroid, hyaluronic acid “gel”)
- Complementary and alternative medicine strategies, including vitamins and supplements

### Non-pharmacological approach

- Healthy eating and managing diabetes and cholesterol
- Physical, occupational, and exercise (land- and water-based)
- Intermittent hot and cold packs (local modalities)
- Weight loss (if overweight)
- Supportive devices such as braces, orthotics, shoe inserts, cane, or walker

**When alternative medical therapies are ineffective, surgery may be helpful to relieve pain and restore function, especially with severe osteoarthritis.**<sup>9</sup>

The treatment goal should be to:<sup>13, 14</sup>



## Other resources for patient information on osteoarthritis

Several other resources such as the American College of Rheumatology & The Arthritis Foundation provide better information related to control and effective management of osteoarthritis. To know more, please get in touch with your healthcare provider.<sup>7</sup>

**For more information, please visit:**  
<https://www.myhealthmylife.com/my/Pain/understanding-joint-pain>

QoL: Quality of life

**References:** 1. Loeser RF, et al. Arthritis Rheum. 2012;64(6):1697-1707. 2. Papalia R, et al. J Clin Med. 2020;9(5):E1401. 3. GBD 2021 Osteoarthritis Collaborators. Lancet Rheumatol. 2023;5(9):e508-e522. 4. Azad CS, et al. Int J Recent Sci Res. 2018;8(10):20918-20922. 5. Poole AR. HSS J. 2012;8(1):4-6. 6. Creamer P, et al. Lancet. 1997;350:503-509. 7. Sandmeier RH. Osteoarthritis and Exercise: Does Increased Activity Wear Out Joints? Perm J. 2000 Fall;4(4):26-8. 8. Osteoarthritis. National Institute of arthritis and musculoskeletal and skin disease. Available from: <https://www.niams.nih.gov/health-topics/osteoarthritis#:~:text=Osteoarthritis%20affects%20each%20person%20differently,worsen%20quickly%20in%20some%20people>. Accessed on 14 December 2023. 9. Cleveland Clinic. Osteoarthritis. Available at: <https://my.clevelandclinic.org/health/diseases/5599-osteoarthritis>. Accessed on 26 May 2023. 10. Thomas S, et al. What is the evidence for a role for diet and nutrition in osteoarthritis? Rheumatology (Oxford). 2018;57(suppl\_4):iv61-iv74. 11. Eitner A, et al. Impact of Diabetes Mellitus on Knee Osteoarthritis Pain and Physical and Mental Status: Data From the Osteoarthritis Initiative. Arthritis Care Res (Hoboken). 2021 Apr;73(4):540-548. 12. Ayhan E, et al. Intraarticular injections (corticosteroid, hyaluronic acid, platelet rich plasma) for the knee osteoarthritis. World J Orthop. 2014;5(3):351-61. 13. Osteoarthritis. American College of Rheumatology. Available from: <https://rheumatology.org/patients/osteoarthritis>. Accessed on 14 December 2023. 14. Chyu MC, et al. Complementary and alternative exercises for management of osteoarthritis. Arthritis. 2011;2011:364319.