

Chapter 1 : Osteoarthritis Treatment & Symptoms | Andrew Weil, M.D.

Osteoarthritis is a painful form of arthritis affecting the joints. Rheumatologist McIlwain and health journalist Bruce's guide aims to teach its sufferers how to manage, control, and alleviate joint pain and stiffness.

Many people mistakenly believe that running causes knee osteoarthritis—however, doctors now know this is not true. Researchers who compared long-term effects of walking, running and other strenuous forms of exercise found that running significantly decreased the risk of hip and knee replacement, while other forms of exercise increased it. Another long-term study of runners versus non-runners showed that the runners did not have a higher incidence of knee osteoarthritis than the non-runners. While doctors are still trying to understand how running can improve knee arthritis directly, it is well understood that running can facilitate weight loss, which is known to significantly reduce stress on joints and improve OA symptoms. If you have knee osteoarthritis, running can be a healthy way to manage symptoms, but there are a few considerations that should be made before you begin. Advice can seem contradictory—on the one hand, you are advised not to run through knee pain, but on the other hand, how do you know when to stop, if some amount of knee pain is a part of your daily life? For people with knee OA, the pain can seem constant. If pain starts to get worse, stop running and rest for a day or two. Keep a journal so you can keep track of what you did last time, and use it to guide your next workout. This is a great way to track progress, as well as keep up with any factors that might be causing you pain. Different Sources of Pain Be sure to pay attention to any new pain—something other than OA could be exacerbating your existing pain. Patellofemoral pain syndrome is characterized by pain in and around the kneecap. The best way to avoid patellofemoral pain syndrome is to start slowly with speed as well as distance, and be sure to allow plenty of rest between runs. Chondromalacia patella carries symptoms similar to those associated with OA. Chondromalacia, which most often affects women, is caused by softening of the cartilage under the kneecap, largely due to poor tracking of the patella in its groove. Treatment and pain management methods are similar to OA, but can also include exercises to strengthen the inside thigh muscles, which can improve tracking. Always consult a doctor for any new or concerning pain. Research shows that the best footwear for minimizing knee pain associated with OA is a flat-soled shoe. Another good option is asphalt, which absorbs more of the impact than the harsh and unforgiving surface of concrete. Overall, Kerrigan has one simple piece of advice for people who have knee OA and want to run:

Osteoarthritis is a progressive condition that affects the bones and cartilage within the joints. Although it occurs most often in the hands, hips, and knees, osteoarthritis can also affect the.

Osteoarthritis follows the breakdown of cartilage in a joint, eventually leading to abnormal bone changes. The role of joints is to provide flexibility, stability, support and protection to the skeleton, allowing movement of limbs and the entire body. Cartilage assists in these functions by coating the ends of the bones. In the early stages of osteoarthritis, the surface of the cartilage becomes swollen, forming tiny crevasses which hinder normal joint functioning. Inflammation may also occur in the synovium, a fluid-filled sac that surrounds the joint and provides nutrients and oxygen to the joint components. As the cartilage loses elasticity, it becomes vulnerable to further damage from repetitive use, which can cause a great deal of pain and swelling. In advanced cases, there is a complete loss of cartilage cushion between the joint and bone, which ultimately limits joint mobility. Osteoarthritis is not a systemic condition – it does not spread throughout the body, but instead affects only the joint or joints where the deterioration has occurred. The joints most commonly affected are the knees, hips, spine, hands and toes. It is typically divided into two broad categories: Primary osteoarthritis commonly occurs with aging, as the water content in the cartilage increases and the protein portion degenerates. Secondary osteoarthritis is usually due to another disease or condition, such as repeated trauma, infectious disease, gout or surgery on a joint. Obesity is a frequent contributor, as excess weight puts additional stress on the cartilage, particularly on the joints in the knees and hips. Symptoms of osteoarthritis include: Pain in the affected joint s after repeated use, especially later in the day. Swelling, pain and stiffness after long periods of inactivity, such as waking in the morning, that subsides with movement and activity. Continuous pain, even at rest, is a symptom of advanced osteoarthritis, when there is total loss of cartilage. In osteoarthritis of the spine, pain can occur in the neck or lower back. If bony spurs develop, the nerves exiting from the spine can be irritated, causing numbness, tingling and severe pain in the back or limbs. Osteoarthritis in the fingers can result in hard bony enlargements, and bunions can form at the base of the big toe if the feet are affected. The degree of symptoms varies among individuals. Some people become completely debilitated, while others may experience few symptoms despite the severity of their condition. Symptoms may also be intermittent, and some individuals go for long periods of time relatively symptom-free. Suggested Lifestyle Changes For Osteoarthritis Treatment Lose weight if you are overweight; it can alleviate excess mechanical stress on the affected joint s. Avoid intense activities that injure or strain the joint cartilage. This can actually be beneficial as long as it is performed at a level that does not stress the affected joint s. Strengthening surrounding muscles will support and protect the joint, and physical activity helps improve and maintain joint mobility and aids weight-reduction efforts. The safest activities are swimming, stationary cycling and light weight training – which put little stress on the joints. Research has shown that foods rich in omega-3 fatty acids and the spices ginger and turmeric may help reduce inflammation. Foods rich in antioxidants – plentifully found in most vegetables and fruit – may help reduce tissue damage from inflammation. Eat oily fish such as salmon, or try another source of omega-3 fatty acids such as walnuts or freshly ground flax seed daily. Regularly use ginger and turmeric. Ginger tea is a good example. Eat generous amounts of organically grown vegetables and fruit every day. The following are nutrients, botanicals and other compounds that Dr. Weil often recommends for joint health: Glucosamine sulfate provides the joints with the building blocks they need to help repair the natural wear on cartilage caused by everyday activities. Specifically, glucosamine sulfate provides the raw material needed by the body to manufacture a mucopolysaccharide called glycosaminoglycan found in cartilage. Supplemental sources are derived from shellfish. Taken in supplement form, glucosamine may help improve the maintenance of healthy cartilage with an enhanced deposition of glycosaminoglycan. Chondroitin protects the cartilage and attracts fluids that give the tissue its shock absorbing quality. A source of gamma-linolenic acid GLA which may help maintain healthy joints by modifying inflammation. Ginger, holy basil, turmeric, green tea, rosemary, scutellaria and huzhang all have naturally occurring anti-inflammatory compounds known as COX-2 inhibitors.

Chapter 3 : Running with Knee Osteoarthritis - Osteoarthritis

Stop Osteoarthritis Now: Halting the Baby Boomer's Disease by Debra Fulgham Bruce, Harris H. Mcilwain What exactly is this debilitating disease? It is an inflammation in or around the joints caused by wear and tear on the cartilage and bone, resulting in pain, swelling, or stiffness in the back, knees, hips, hands, or other joints.

In fact, the damage starts even sooner: Arthritis is inflammation in or around the joints that results in swelling, pain, and stiffness. It can generally be divided in two categories: Osteoarthritis and other wear-and-tear types of arthritis. Inflammatory arthritis Osteoarthritis, the most common kind of arthritis, affects millions of people worldwide. This type of arthritis occurs over time and by overuse. The cartilage between the bones at your pivotal joints wears away. As a result, your bones grind against each other, causing pain and swelling. Very often osteoarthritis also causes degeneration of the cartilage at the base of your big toe, resulting in big toe joint pain. Bony spurs then develop at the joint there, followed by pain in the big toe and decreased motion of the joint. Arthritis in the feet causes pain and a loss of strength, flexibility, or exercise ability. For millions of people with arthritis in the feet, simple daily tasks such as walking out to get the mail can be painful. Eventually, walking may become nearly impossible. Gout is a complex form of arthritis that causes severe big toe joint pain. Men are more likely to get gout, although after menopause women are susceptible. Gout is caused by a high level of uric acid in the blood, which results in deposits of sodium urate crystals around the joints and sometimes in the kidneys in the form of stones. If left untreated, the attacks of pain in the big toe become more frequent, and severe damage to cartilage may affect the performance of the joint. Sometimes an acute gouty arthritis attack has a sudden onset at nighttime. The big joint toe pain may be so severe that even the weight of bedsheets causes discomfort. After the attack is over, medications including allopurinol can prevent future attacks by lowering the level of uric acid in the blood. See your doctor right away. Skip the high heels if you have big toe joint pain as they put more pressure on the balls of your feet. Arch support is essential to stabilize joints that are moving more than they should, which can happen with arthritis, explains Frisch. The toning athletic shoes that are popular these days can be a good choice for foot health. Good exercises involve stretching your Achilles tendon the cord at the back of your heel as well as the tendons in the balls of your feet and toes. A good exercise for arthritic feet is simply to wiggle your toes. Frisch has his patients use the TV as an exercise aid. You can do it yourself or ask your partner to help you. Capsaicin is sold over the counter as a cream, ointment, stick, gel, lotion, liquid, or pad and under different brand names, such as Icy Hot and Zostrix. Some people with arthritis in their feet find relief simply by taping their toes together. For others, a cane helps with stability. Still others find foot pain relief from shoe inserts because they can correct misalignments and distribute weight more evenly over the bottoms of your feet. You can buy shoe inserts over the counter or have them custom-made.

Chapter 4 : Stop Osteoarthritis Now : Halting the Baby Boomer's Disease | eBay

Q: Four years ago, I was diagnosed with osteoarthritis in my right calendrierdelascience.com X-rays show OA in my spine, neck, knuckles, wrists and knees. Can you tell me what caused OA to spread this way, and is there anything I can do to stop it?

Arthritis pain Arthritis is a group of painful and degenerative conditions marked by inflammation in the joints that causes stiffness and pain. Osteoarthritis, the most common type of arthritis, gets worse with age and is caused by wear and tear over the years. Rheumatoid arthritis is caused by the immune system attacking the joints as if they were foreign tissues. Because of this, rheumatoid arthritis is classified as an autoimmune disease. Doctors traditionally treat arthritis with anti-inflammatory medications and painkillers. However, some medications cause side effects, and a natural approach to pain relief is becoming more popular. Remember to consult your doctor before trying these natural remedies. Lose weight Your weight can make a big impact on the amount of pain you experience from arthritis. Extra weight puts more pressure on your joints especially your knees, hips, and feet. Reducing the stress on your joints by losing weight will improve your mobility, decrease pain, and prevent future damage to your joints. Get more exercise There are more benefits to exercise than just weight loss. Regular movement helps to maintain flexibility in your joints. Weight-bearing exercises such as running and walking can be damaging. Instead, try low-impact exercises such as water aerobics or swimming to flex your joints without adding further stress. Use hot and cold therapy Simple hot and cold treatments can make a world of difference when it comes to arthritis pain. Long, warm showers or baths especially in the morning help ease stiffness in your joints. Use an electric blanket or moist heating pad at night to keep your joints loose. Cold treatments are best for relieving joint pain, swelling, and inflammation. Wrap a gel ice pack or a bag of frozen vegetables in a towel and apply it to painful joints for quick relief. Try acupuncture Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. This is supposed to reroute energies and restore balance in your body. Acupuncture is the most researched complementary therapy and is recommended by the World Health Organization for treatment of over different conditions. It is thought that acupuncture has the ability to reduce arthritis pain. If you want to explore this treatment method, be sure to find a licensed and certified acupuncturist in your state. Use meditation to cope with pain Meditation and relaxation techniques may be able to help you reduce pain from arthritis by reducing stress and enabling you to cope with it better. According to the National Institutes of Health NIH, studies have found that the practice of mindfulness meditation is helpful for some people with painful joints. Researchers also found that those with depression and arthritis benefitted the most from meditation. When stress is reduced, inflammation and thus swelling and pain drop. Include the right fatty acids in your diet Everyone needs omega-3 fatty acids in their diet for optimum health. These fats also help your arthritis. Fish oil supplements, which are high in omega-3s, have been shown to reduce joint stiffness and pain. Another fatty acid that can help is gamma-linolenic acid, or GLA. You can also buy the oils of the seeds as a supplement. However, be sure to check with your doctor before taking them. Add turmeric to dishes Turmeric, the yellow spice common in Indian dishes, contains a chemical called curcumin that may help to reduce arthritis pain. The secret is its anti-inflammatory properties. The NIH reports that turmeric given to lab rats reduced inflammation in their joints. Spice up your life by grabbing some online today.

Chapter 5 : New IL Genetic Treatment Could Stop Painful Arthritis In Its Tracks Â« CBS New York

Find helpful customer reviews and review ratings for Stop Osteoarthritis Now: Halting the Baby Boomers' Disease at calendrierdelascience.com Read honest and unbiased product reviews from our users.

Non-steroidal anti-inflammatory drugs NSAIDs got a bad name when the COX-2 inhibitors Vioxx and Bextra were pulled off the market, because studies revealed they increased the risk of heart attacks and strokes. Although Celebrex and other NSAIDs like ibuprofen and naproxen are still available, they carry some risks of heart disease and of gastrointestinal bleeding. Both doctors and patients are skittish about their risks for dependence and unsettling side effects, such as depression, constipation, nausea, drowsiness and breathing problems can occur. Eating To Help Arthritis Pain A healthy eating plan can greatly reduce the painful symptoms of arthritis. These are the principles of the Mediterranean diet, which is frequently touted for its anti-aging, disease-fighting powers. Studies confirm eating these foods lowers blood pressure and protects against chronic conditions ranging from cancer to stroke. Arthritis experts claim more is better. A study of postmenopausal women, published in the Journal of Nutrition, found those who had the highest consumption of omega-3s had lower levels of inflammatory proteins. Researchers have also shown that taking fish oil supplements helps reduce joint swelling and pain, duration of morning stiffness and disease activity among people who have rheumatoid arthritis RA. Some of these patients even discontinued using nonsteroidal anti-inflammatory drugs. Research has shown that increasing our ratio of omega-3 to omega-6 fatty acids. Eating more fish and less fast-food, helps mitigate chronic diseases, including RA. Some top sources of healthy fish are: Studies show that taking to 1, mg of fish oil daily eases joint stiffness, tenderness, pain and swelling. For this reason, walnuts and flaxseeds are particularly good options for people with arthritis and other inflammatory diseases. Cherries are one particularly helpful fruit for those with arthritis. A compound in the allium family of vegetables onions, garlic, leeks and shallots called diallyl disulphide also appears to fend off degrading protein enzymes present in people with osteoarthritis. Other research suggests that eating vitamin K-rich veggies like broccoli, spinach, lettuce, kale and cabbage dramatically reduces inflammatory markers in the blood. Aim for nine or more servings daily. Extra Virgin Olive Oil Olive oil, like nuts and seeds, is largely made up of healthy, monounsaturated fat. It goes through less refining and processing, so it retains more nutrients than standard varieties. Beans Beans are loaded with fiber, that is a nutrient that helps inflammation in the blood. Protein helps prevent muscle shrinkage due to age or inactivity, and stronger muscles make it easier to keep joints moving. These sources of protein fill you up, so you have less post-meal snacking, potentially causing less weight on your joints. Many bean varieties also boast folic acid, which benefits the heart, as well as immune-boosting minerals like magnesium, iron, zinc and potassium. Some of the Best Sources of beans are Red beans, small red kidney beans black beans, garbanzo beans, black-eyed peas and pinto beans, as they rank among the U. To do this, cut down on the amount of fried and processed foods you consume, and like mentioned above, include more vegetables and fruits in your diet. It has been said that AGEs are now found to be linked to more diseases and health problems, than any other single dietary component. Dairy Products Dairy products may contribute to arthritis pain due to the type of protein they contain. According to the Physicians Committee for Responsible Medicine, for some people this protein may irritate the tissue around the joints. Some sufferers of arthritis pain have success switching to a vegan dietâ€”which contains no animal products whatsoever. However, a vegan lifestyle may be too extreme for most people, so rather than getting protein from meat and dairy, get the bulk of your protein from vegetables sources like spinach, nuts, nut butters, non-gmo tofu, beans, lentils, and quinoa. Smokers are more at risk for developing rheumatoid arthritis, while those who consume alcohol have a higher risk for developing gout. Cut back on drinking and smoking and ramp up your eating habits with healthy choices, regular exercise, and good quality sleep. For some people, excess consumption of salt may result in inflammation of the joints. Always read the label of foods, to avoid preservatives and additives. Corn Oil Many baked goods and snacks contain corn or other oils high in omega-6 fatty acids I mentioned above. Studies have looked at the pain-relieving effects of omega-3s on individuals with rheumatoid arthritis, and have found that fish oil, which contains

omega-3s, may help with joint pain relief in certain people. Replace foods containing omega-6 fatty acids with healthy, anti-inflammatory omega-3 alternatives such as olive oil, nuts, flax seeds, and pumpkin seeds. It boosts energy and mood as well. Exercise works for any kind of arthritis, including OA, rheumatoid arthritis RA and ankylosing spondylitis. Overdoing exercise is always a risk. High-impact activities like running and jumping may worsen joint health and increase your risk of injury. Stick with low-impact controlled activities like swimming, water aerobics and cycling to start. FYI, heat can aggravate an acute injury like a muscle sprain or strain, making the swelling and inflammation worse. Cold treatment also reduces swelling and inflammation by constricting the blood vessels. Cold treatment works best for inflammation caused by injuries like sprains, strains and pulled muscles and ligaments. Apply cold packs two to four times a day for 15 minutes at a time until pain and swelling lessen.

Stop Osteoarthritis Now: Halting the Baby Boomer's Disease by Harris H. McIlwain; Debra Fulghum Bruce A copy that has been read, but remains in excellent condition.

However, arthritis can affect any joint in your body. A lot of information about arthritis has been published over the years. It can be hard to distinguish fact from fiction. There are different types of arthritis, all with different manifestations and symptoms. Arthritis of the hands Arthritis in your hands affects your wrists and joints in your fingers. Over time you might experience chronic pain, and performing simple activities may prove difficult. Anatomy of the hand The anatomy of the hand is unique and complex. Arthritis that affects the hand can be painful and debilitating, given the complexity of the hand and the number of joints it contains. Your hands and wrists are made up of several different bones. Two or more bones meet and form a joint. All of the fingers contain three joints except your thumb, which has two. The bone surface area near the joint is covered with cartilage. Cartilage makes it possible for your bones to pass smoothly against one another as they move. A fibrous capsule lined with a thin membrane called synovium encloses each joint. This structure secretes a fluid, which lubricates the joints. Connective tissues called ligaments support and connect bones, and make sure they stay in place. Tendons are another form of connective tissue. They connect muscles to bones, which in turn allows the muscles to move your bones. When arthritis strikes the hand, it usually affects these vital parts. Types of arthritis that affect the hands There are different types of arthritis that can affect your hands. Osteoarthritis Osteoarthritis OA , the most common form of arthritis, is a chronic, or long-term, condition. If you have OA, the cartilage that cushions the ends of your bones at the joints breaks down. Once the cartilage begins to degrade, your bones rub against each other in the joint area. Stiffness, pain, and loss of movement in the joint are a few common symptoms that you may notice. Rheumatoid arthritis Your immune system typically protects you from infection. Rheumatoid arthritis RA , though, is a chronic inflammatory disease that affects the joints. RA is caused by an attack on the body started by the immune system. In addition to joint damage, you will likely notice: In addition to making use of your hands difficult, it can cause deformities, if inflammation continues. Juvenile arthritis is used to describe the disease when it occurs before the age of There are many different types of juvenile arthritis, and it causes pain and joint swelling in the hands and wrist. Injuries such as broken bones in the hands or ligament, or tendon damage in the hand or wrist can also cause arthritis. Though the injury heals, these areas may have become weakened and more susceptible to arthritis in the future. Tips for preventing arthritis There is no known cure for arthritis. In fact, most treatments for arthritis are aimed at early recognition and prevention. Genetics can increase your likelihood for developing arthritis, as can a strong family history of the disease. Women are also more prone to arthritis than men. You may try to prevent arthritis and still develop the disease. However, you can take actions to reduce your risk: Maintain a healthy weight. This can help to fight off OA. This may reduce your chance of developing RA. Try to avoid injury when playing sports or participating in recreational activities. If your job requires a lot of pushing, pulling, or lifting of heavy objects, take precautions to avoid injury to your joints. If your job calls for a lot of typing, practice good posture. If necessary, get a special keyboard, wrist cushion, or pad. More tips for your hands Moving your hands and fingers can help keep your ligaments and tendons flexible and increase the function of synovial fluid. Try regular hand exercises to strengthen muscles and relieve stiffness and pain. Simple exercises like flexing and bending, finger touching, and finger sliding may help keep your fingers limber. Staying physically active while at the same time taking extra precautions against injury is vital not only for preventing arthritis, but also for your overall physical health. Diagnosing arthritis Arthritis can be difficult to diagnose. Talk to your doctor if you begin to experience any of the symptoms. Your doctor will look at your hands and joints, and check for tenderness. Your doctor will also look for any pain or swelling, or any other damage. They may send you to a rheumatologist, a doctor specializing in arthritis and other conditions of the muscles and joints. They may also recommend blood tests, X-rays, and other imaging tests, which can often help to determine the level of inflammation. Arthritis is a debilitating disease, and early detection is key. Treatment varies with the type of arthritis. Certain medications

help ease pain and inflammation. If you have RA, your doctor may prescribe medications that decrease inflammation by suppressing your immune response. In extreme cases, surgery may be necessary to correct or alleviate certain problems, especially if arthritis is causing major limitations in your life. Staying active, eating a healthy and balanced diet, and getting plenty of sleep are simple ways to manage your arthritis. Make sure to take breaks when doing strenuous or repetitive activities. Figure out the activities that cause your arthritis to flare up, and learn the best way to manage your pain. If you do have pain in your hands, you might try using assistive devices, which are designed to take pressure off your joints. Examples include special jar openers and gripping devices. The Arthritis Foundation estimates that by the year , 78 million people will have arthritis. If you begin to experience any symptoms, see a doctor. When it comes to getting ahead of arthritis, early detection is the best detection.

Chapter 7 : Stop Arthritis Pain NOW! - The Science Of Eating

Stop Arthritis Pain NOW! Osteoarthritis is the most common type of arthritis, and involves wear-and-tear damage to your joint's cartilage (the hard, slick coating).

Chapter 8 : Osteoarthritis Progression

"Current treatments for osteoarthritis address the symptoms, such as pain, but are unable to stop the progression of the disease," says Dr. Kapoor. "The blocker we've tested is disease modifying."

Chapter 9 : Osteoarthritis: New compound may stop the disease

Osteoarthritis (OA) isn't supposed to happen to people in their 30s. But don't tell that to D. J. Hopwood of Tempe, AZ. When she was 39, Hopwood was diagnosed with OA of the spine, knees, hands.