

DO YOU KNOW WHY YOUR JOINTS HURT?

TOP 10 MYTHS ABOUT OSTEOARTHRITIS



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MYTH #1:

Osteoarthritis is a rare disease

FALSE.

Epidemiologic studies show that approximately 20 million Americans suffer from osteoarthritis.* This number may actually be even higher, as many individuals have X-ray findings consistent with osteoarthritis or experience joint pain related to osteoarthritis, but have not yet been diagnosed by a doctor.

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

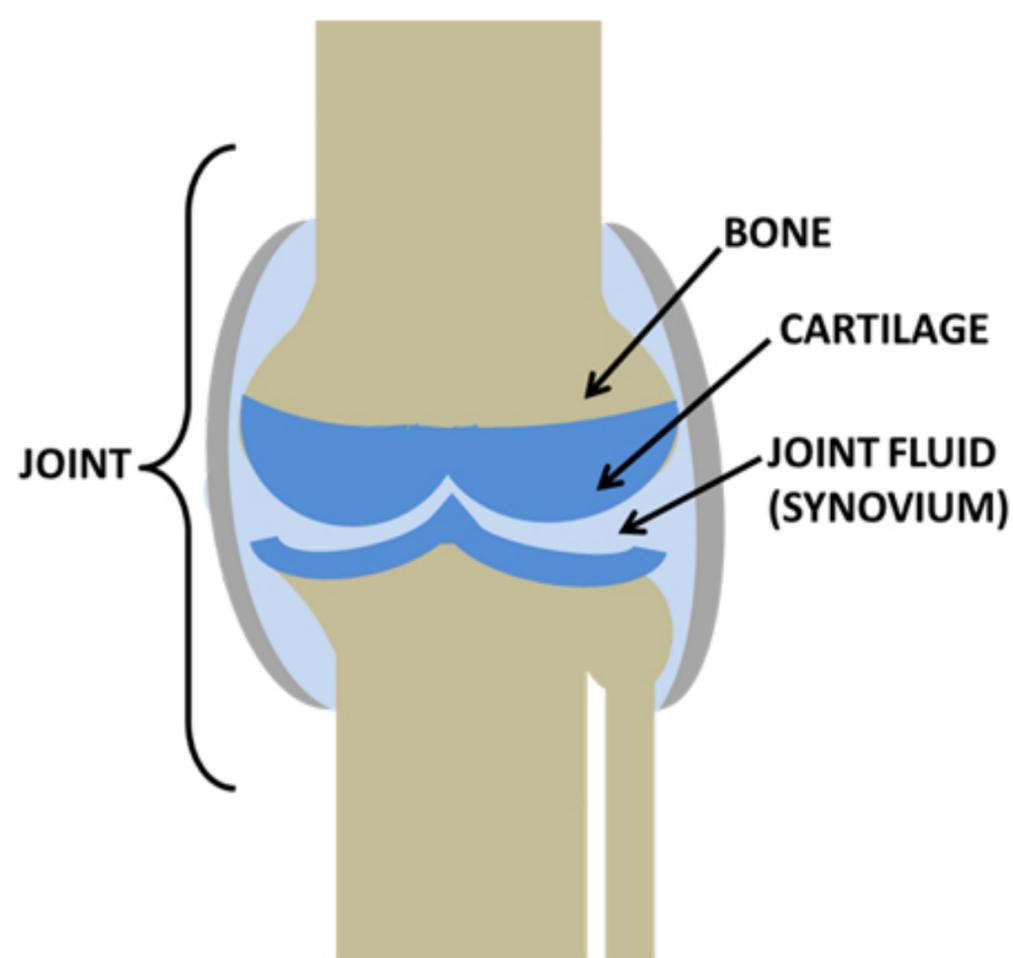
MYTH #2:

Osteoarthritis is just a disease of the cartilage

FALSE.

Medical experts believe that osteoarthritis is a disease of the entire joint organ, including cartilage (which lines the joint where the bones come together), the bone beneath the cartilage, and the joint fluid (also known as synovium).*

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*



MYTH #3:

There is nothing I can do for my osteoarthritis besides take pain medication, have a joint injection, or have joint replacement surgery

FALSE.

Weightloss, exercise, and physicaltherapy, as well as certain nutritional supplements have shown promise in treating osteoarthritis. A landmark scientific study published in the Annals of Internal Medicine called the Framingham Knee Osteoarthritis Study found that women who lost 11 lbs or more had a greater than 50% decrease in odds of developing osteoarthritis of the knee.* Thus, loosing weight may greatly decrease your risk of developing symptoms of arthritis in the knees.

**David T. Felson, Yuqing Zhang, John M. Anthony, Allan Naimark, Jennifer J. Anderson; Weight Loss Reduces the Risk for Symptomatic Knee Osteoarthritis in Women, The Framingham Study. Annals of Internal Medicine. 1992 Apr;116(7):535-539.*

MYTH #4:

Osteoarthritis is caused by “wear and tear” on the joints

FALSE.

Current hypotheses by medical experts state that that abnormal body mechanics and inflammation also play a significant role in the development of osteoarthritis.*

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #5:

Osteoarthritis is something that only happens to the elderly

FALSE.

Younger people can also develop osteoarthritis. If you have had a previous broken bone, especially involving the joint, or if you have had a significant joint injury, you may be at risk for developing osteoarthritis earlier in life. This form of osteoarthritis is called "Secondary Osteoarthritis" because it happens secondary to a previous injury. "Primary Osteoarthritis," the form of osteoarthritis more common among the elderly, develops spontaneously (not related to previous injury).*

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #6:

If I have osteoarthritis, I shouldn't exercise

FALSE.

Exercise can be of great benefit to individuals with osteoarthritis. In fact, the American College of Rheumatology recommends cardiovascular exercise, resistance-based exercise, and aquatic exercise for patients with osteoarthritis of the hip and knee.* If you suffer from osteoarthritis, always consult your doctor prior to initiating any new exercise plan, as modifications may need to be made to your exercise routine to prevent aggravation of your condition.

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #7:

If no one in my family has osteoarthritis, I won't get it because it's genetic

FALSE.

Genetics do play a role in the risk of developing osteoarthritis, but there are many other factors that may put you at risk for osteoarthritis. Risk Factors for Osteoarthritis*:

- # Older age
- # Obesity
- # History of trauma to the joint
- # Family member with osteoarthritis
- # Low hormone levels
- # Weak muscles around the joint
- # Repetitive use of the same joint, either related to work or athletics
- # Previous joint infection
- # Congenital abnormality of the joint
- # Previous surgery to the joint
- # Other various diseases affecting connective tissues

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #8:

I don't have joint pain, so I can't have osteoarthritis

FALSE.

At least 50% of the American population over the age of 65 have signs of osteoarthritis on X-ray, even if they don't experience joint pain.*

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #9:

If I get a joint replacement, my osteoarthritis will be permanently “fixed”

FALSE.

Joint replacements do not last forever, and often times patients may need a second or third operation. How long a joint replacement lasts will depend on the location of the joint, the type of joint replacement and materials used by your surgeon, and the your individual activity level after recovery from surgery. Typically joint replacements will last for 10 to 20 years. If you are younger and more active at the time of joint replacement surgery, this will increase the chance that you may need another surgery.*

**Osteoarthritis Treatment and Management, accessed June 27, 2013, Medscape.com*

MYTH #10:

Glucosamine and chondroitin will cure my osteoarthritis

FALSE.

Large clinical studies have been performed to measure the effectiveness of glucosamine and chondroitin. Those studies have shown that even after 2 years of following patients with osteoarthritis of the knee, glucosamine and chondroitin statistically did nothing to stop the progression of osteoarthritis.*

Scientific studies have also shown that glucosamine and chondroitin are not effective in providing joint pain relief in patients with osteoarthritis.**

**Allen D. Sawitzke et al; The Effect of Glucosamine and/or Chondroitin Sulfate on the Progression of Knee Osteoarthritis: A GAIT Report. Arthritis Rheum. Author manuscript; available in PMC 2010 March 10. Published in final edited form as: Arthritis Rheum. 2008 October; 58(10): 3183–3191.*

***Daniel O. Clegg et al; Glucosamine, Chondroitin Sulfate, and the Two in Combination for Painful Knee Osteoarthritis. New England Journal of Medicine. 2006 Feb; 354:795-808.*

WE WOULD LOVE TO HEAR FROM YOU!

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Sincerely,

The ResQ360 Team

Delivering You to Wellness