

THINGS PEOPLE SHOULD KNOW ABOUT OSTEOARTHRITIS

In the Clinic
Annals of Internal Medicine

Osteoarthritis causes pain, swelling, and difficulty moving, especially in the knees, hips, and hands. Exercise and keeping your weight down are as important as medication in treating osteoarthritis.

Web Sites with Good Information about Osteoarthritis

The Arthritis Foundation

www.arthritis.org

National Institute of Arthritis and Musculoskeletal and Skin Diseases

www.niams.nih.gov

Arthritis Research Campaign (UK)

www.arc.org.uk/arthinfo/patpubs/6254/6254.asp

American College of Rheumatology

www.rheumatology.org

Arthritis Research Campaign

www.arc.org.uk/arthinfo/patpubs/6254/6254.asp

HEALTH TIPS*

Osteoarthritis makes your joints hurt and swell. It can make it hard to move around and do the things you want to do.

What You Can Do:

Keep as active as you can.

If you are too heavy, try to lose weight. Ask your doctor for help.

Do the exercises you and your doctor agree are right for you. Go to physical therapy if you need to.

Use canes, braces, and other aids to make it easier to get around.

Call your doctor if you have fever; red, hot, or swollen joints; more pain than usual; falls.

Things to Ask your Doctor:

- Which medicines are best to treat my pain?
- Are there side effects? If so, what are they?
- What do I do if my medicines stop working?
- Will shots into my joints help?
- Will I need surgery on my joints?

*HEALTH TIPS are developed by the American College of Physicians Foundation and PIER