

# Osteoarthritis - Causes, Symptoms and Treatment

**O**steoarthritis is the most common form of arthritis and is also known as degenerative joint disease. In this form of arthritis, the cartilage that covers the ends of the bones that link on the joint wears away, subjecting the bone and causing pain. This condition may also include a decrease in the amount of joint fluid, called synovial fluid, that cushions the joint, as well as changes in the ligaments and muscles that support the joint.



## What is Primary Osteoarthritis?

Osteoarthritis in its primary stage doesn't have directly recognizable cause but is often posited as one of those diseases associated with aging. Scientific research shows that chances for osteoarthritis become higher together age range. This is because as one age range, water accumulates in the joints thereby affecting cartilage protein structure. As a result, cartilages in important joints degenerate until ultimately they become brittle and breakdown.

## Osteoarthritis - Cause

Excess weight puts extra strain on the joints, particularly the large weight-bearing joints, such as the knees, hips, and balls of the feet. Experts estimate that every 1 lb (0.5 kg) of body weight means at least 3 lb (1.4 kg) of stress at the knee joint, and even more at the hip joint. Research has revealed that weight loss can decrease the symptoms of knee osteoarthritis or the chances of developing those symptoms.

Osteoarthritis is caused by two main reasons: 1) Trauma to the joints and/or 2) a predominantly alkaline body chemistry. If you were to sustain a trauma to a given joint and that body part sustained misalignment as well as damage; eventually that joint will wear out if specific measures are not taken.

“ *Associated diseases: the presence of other linked diseases, infections, diabetes, and various other forms of circulating arthritis, such as rheumatoid arthritis or gout*

*Genetics: having a genealogy and family history of osteoarthritis or even congenital defects of important joints, spine, or perhaps leg abnormalities*

## Osteoarthritis Symptoms

**Joint pain** in rainy weather.

*Deep aching joint pain that gets a whole lot worse after exercise or putting weight on it and is relieved simply by rest*

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**Food Items to be Strictly Avoided by Gout Patients** Gout is undoubtedly one of the most common and painful ailments that affects mankind. It is a result of accumulation of uric acid in the form of crystals in joints and tissues. It starts from the major portions of the body like the big toe and then...



Joint PainOsteoarthritis TreatmentGout

## Bony Enlargements and Osteophyte Formation

Crepitus (crackling, milling noise with movement)

## Joint Effusion (Swelling)

Diagnosis.

- Osteoarthritis is often able to be diagnosed by its characteristic symptoms of pain, decreased movement and/or disability.
- Osteoarthritis can be confirmed with an x-ray.
- Common x-ray findings include narrowing of the joint space between bones, a loss of cartilage as well as bone spurs or bone growths.

Blood tests may be used to exclude other possible conditions but they can't diagnose osteoarthritis.

## Treatment for Osteoarthritis

Acetaminophen (Tylenol): has been shown to be as effective as nonsteroidal medication for the pain of knee osteoarthritis. Persons should keep their dose of acetaminophen to under 2000 milligrams a day as higher doses could cause kidney disease.

Although there is little evidence for the effectiveness of complementary therapies in treating osteoarthritis, 60 percent of people with all forms of arthritis manipulate or are using one type or another. If you have severe side-effects as a result of medication, you might find acupuncture or reflexology helpful in relieving pain.

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