

Osteoarthritis

Our last article, we briefly talked about Osteoarthritis and Rheumatoid Arthritis. This article will take a close look at the cause, symptoms, and also current remedy used for Osteoarthritis. So let us take a second look at what Osteoarthritis is.

Osteoarthritis is Known by Many as "Wear and Tear" Arthritis

It is one of the most common forms of Arthritis and is the result of cartilage wearing away from the joints. This cartilage is responsible for the smooth gliding of joints, and once it begins to deteriorate, the patient is left with pain, joint swelling and inflammation, and also disability.



- Osteoarthritis patients usually state that their pain is greatest during times of movement, and then lowers significantly during periods of sleep.
- Osteoarthritis affects many more women than men.
- There is an estimated 24 million Osteoarthritis sufferers in the United States and roughly 74% are women.

The Cause of Osteoarthritis is Not Known, Yet Doctors Have Many Suspicions

Some of the symptoms of Osteoarthritis boggle the minds of scientists and more research needs to take place to determine the actual root of the disease. As an example, X-rays can tell that Arthritis is present, yet the amount of pain reported by Osteoarthritis sufferers differs from the results of the X-ray. Though many people refer to Osteoarthritis as the "wear and tear" disease, evidence shows that this disease and its mysterious cause are not as simple as that definition.

Fact, "wear and tear" does not take place in one joint, but affects joints concurrently throughout the body. An example of this, is the fact that sufferers with Osteoarthritis of the knee, give suffer Osteoarthritis within the hands. Also, doctors possess noted that individuals don't suffer with Osteoarthritis on just one side of the body (as would be expected due to wear and tear) but because it seems to affect the body concurrently, it appears that Osteoarthritis is a systematic disease affecting every one of the normal cartilage at once.

One suggestion is that Osteoarthritis is a result of cartilage that has stopped functioning at optimum level. Cartilage is continuously undergoing a process exactly where it is broken down, then rebuilt. Some theories state that this process will become unbalanced as well as out of hand. This particular is referred to as "End Stage Osteoarthritis." It is at this stage that **joint pain** and impairment begin to manifest. There are many natural remedies that show promise in the management of Osteoarthritis pain and symptoms. Look for long term articles in our Osteoarthritis Series that will offer natural remedies that may prevent enzymes from damaging cartilage.

Some Other Ideas that Point to the Cause of Osteoarthritis Include:

Previous Sports related or Joint Injuries ' Genetically Inherited (it appears which Osteoarthritis runs in families) ' Repeated Incidences of Bleeding into a Joint (as occurs with Hemophilia and other diseases) ' Repeated Occurrences of **Gout** and also Gout like Diseases ' Avascular Necrosis- this is a condition where blood near a bone is actually cut off, this leads to bone death as well as joint damage. Avascular Necrosis typically afflicts the hip joint. ' Prior Rheumatoid Related Illness- such as Rheumatoid Arthritis can lead to chronic inflammation of the joints. ' Osteoporosis- due to the high risk of bone fractures and injury, Osteoarthritis may develop in joints. ' Metabolic Disorders- for example, Hemochromatosis can lead to higher amounts of Iron being deposited inside the joints ' Joint Infection- It is believed that cartilage may deteriorate in people who have defects in their cartilage and joints.

- We've discussed the potential causes of Osteoarthritis, now it is time to look at the various symptoms of Osteoarthritis.
- The the signs of Osteoarthritis include:

Joint Pain- this tends to be worse when rising inside the morning
Joint Swelling and Inflammation- this occurs during periods of activity ' Feeling a "Grinding" Sensation when a Joint is moved
Loss of Mobility and Flexibility

There is No Sure Way to Prevent Arthritis in Any of Its Forms

You will find however the main things that can be done to help lower your risk of developing Osteoarthritis or perhaps any other type of Arthritis. A number of the preventative methods that you may add to yourself today include:

Maintain an Ideal Bodyweight ' Take Steps to Prevent the Development of Osteoporosis

Some of these include taking sufficient Vitamin D and Calcium, exercising, and taking medicine if needed. ' Do your best to prevent hurting your bones and joints -try to prevent accidents such as sports related, implementing joint protection by using splints and braces.

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Providing Massage Services and Pain relief products. Visit our Arthritis Information Center.

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