Osteoarthritis

Osteoarthritis (OA) is the most common form of arthritis and causes pain in the joints, most commonly in the knees, hips, hands, and spine. Osteoarthritis may be caused by aging, joint injury, overuse, being overweight or obese, having weak muscles, or genetics.

Risk

Osteoarthritis is the leading cause of disability in older adults. OA is considered a progressive health condition meaning it can get worse over time. OA can lead to joint damage and pain that can be severe enough to make completing daily tasks difficult.

Medication

There are a variety of treatment options available for OA including prescription and non-prescription options. While there is no cure for osteoarthritis, the goal of using medication is to reduce pain and help you move better. Talk with your healthcare provider before starting any new medicines.

Monitoring

Regular follow-up and monitoring by a health care provider is important to determine if your treatment plan is working.

Other things you can do

Lifestyle changes along with medication can help control osteoarthritis pain. Some helpful tips include:

- Lose weight if you are overweight or obese because weight loss can reduce the stress on the joints especially in the hips and knees
- Control blood sugar levels by avoiding foods and drinks high in sugar and eating a balanced diet
- Maintain full range of motion through stretching, raising and lowering legs from a standing or seated position, and daily walks
- Participate in an exercise program regularly

Resources
1. Arthritis Foundation. Osteoarthritis. https://www.arthritis.org/diseases/osteoarthritis
2. Mayo Clinic. Osteoarthritis. https://www.mayoclinic.org/diseases-conditions/osteoarthritis/symptoms-causes/syc-20351925