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ARTICLES
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Osteoarthritis

By: [Kristy Annelly](#) ✨

Osteoarthritis Prevention

By [Kristy Annelly](#) ✨

Osteoarthritis - Can You Fight It?

By: [Hanif Khaki](#) ✨

Osteoarthritis Symptoms

By: [Kristy Annelly](#) ✨

5 Things You Should Know About Osteoarthritis

By: [John Mancini](#) ✨

Knee Osteoarthritis

By: [Kristy Annelly](#) ✨

Feline Osteoarthritis - What Every Cat Owner Ought To Know

By: [Jack Russel](#) ✨

What Is Osteoarthritis And The Connection Between ASU and Osteoarthritis?

By: [Tim Gorman](#) ✨

Who Else Wants Osteoarthritis Pain Relief?

By: [James Rabin](#)

Things You Wanted To Know About Osteoarthritis

By: [Veronika Lepinski](#)

Glucosamines Benefits For Osteoarthritis

By: [Paul Mears](#)

Osteoarthritis

By: [Kristy Annely](#) ★

Advancing age has its share of trials and tribulations, and a significant financial and medical concern is Osteoarthritis. Arthritis, a combination of Greek word "arthron," for joint, and "itis," for inflammation, is often referred to as one disease though there are more than 100 forms affecting the human body. Osteoarthritis, a disease of joints, is one form that is caused by breakdown and eventual loss of cartilage of one or more joints.

Patients are often unaware of this disease since the symptoms develop gradually, only to be discovered when joints swell or there is discomfort and pain after a period of inactivity. Osteoarthritis is an age related disease affecting nearly 80% of the population above 65 years of age. Women's

joints are often affected from age 55, but men often complain of osteoarthritis from 45 years onwards. This is due to lifestyle and labor intensive work that is stressful and injurious. To effectively tackle Osteoarthritis, we should know whether it is primary or secondary. If the cause is unknown, it is categorized as Primary Osteoarthritis and if it is diagnosed as hereditary, symptomatic, congenital, or due to injuries it is called Secondary Osteoarthritis.

Treatment varies with the extent of damage to cartilage. Next to aging, obesity is a worrisome cause because increased body weight puts extra stress on the knee and hip joints. Other causes are diabetes, surgeries, gout, and congenital deficiencies. Women are especially susceptible if they work long hours bending and lifting, wearing inappropriate footwear, and indulge in diet manipulation.

Osteoarthritis is a degenerative disease that needs careful handling. No matter what age and extent of damage to joints, it can be forestalled by preventive measures including self care, proper diet, timely treatment, and appropriate medicines.

[Osteoarthritis](#) provides detailed information about osteoarthritis, knee osteoarthritis and more. Osteoarthritis is affiliated with [Gout Diet](#).

Osteoarthritis Prevention

By [Kristy Annely](#) ★

With Osteoarthritis, prevention is preferable to a cure. If we follow this maxim we can alleviate some of the pain and discomfort through healthy-living strategies and self-care techniques. Osteoarthritis is a degenerating disease affecting the cartilage of joints over the years. Osteoarthritis is generally an age related condition inconveniencing American men and women who are 40 years old or older. It can be genetic or caused by injury or trauma.

If Osteoarthritis runs in the family, the best preventive measure would be to follow a healthy lifestyle and a regular exercise program. This will help slow the onset of the disease by strengthening muscles around arthritic joints. Consult a doctor or work with a physical therapist to design an exercise program suited to your body weight and medical condition. Walking is the best exercise, and riding a stationary exercise bicycle or doing aquatic exercises is also helpful. Another option is tai chi for strengthening and relaxation techniques and improving balance. Exercise should be done in moderation and you should consult a doctor if you experience excessive pain.

For Osteoarthritis patients, obesity is a major cause of worry. Along with age, any excess weight puts added stress on back, hips and knee joints and makes joint surgery risky. A healthy diet of fruits, vegetables, and whole grains helps in controlling weight and also in effective treatment of Osteoarthritis. Another way to prevent further worsening of Osteoarthritis is appropriate footwear for walking, exercising, and evening wear that will put less strain on your weight-bearing joints or back.

Osteoarthritis affects the activities of everyday life. To cope with increasing demands on the body, we need to practice relaxation techniques or yoga and meditation to develop a positive attitude. Even if you cannot prevent Osteoarthritis, it is a good idea to learn the limits of your body so that you can modify your lifestyle to avoid unnecessary pain.

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Osteoarthritis - Can You Fight It?

By: [Hanif Khaki](#) ★

You Can Fight Osteoarthritis

If you think you may have osteoarthritis, the best thing you can do for yourself is to take a pro-active role in your health. You should see your primary care physician as soon as possible. He or she can use x-rays to monitor how far along your osteoarthritis has progressed, and possibly recommend prescription medication.

You and your doctor can work together to make a plan that is right for you and your osteoarthritis. Not only will this plan help you slow down the progression of your osteoarthritis, but it will also teach you how to manage your pain and live an active and normal life. Your plan will include weight control, medication, exercise, joint protection, and possibly occupational or physical therapy.

Osteoarthritis is regarded as the most common type of arthritis. As you may have guessed, Osteoarthritis can be caused by many number of things. Overweight individuals are at the highest risk category for osteoarthritis, since carrying the excess weight can cause joint cartilage to break down. Previous joint injuries can also leave you prone to osteoarthritis. If you have suffered an injury to a joint, or if you do workouts which are high impact, you should monitor the health of your joints.

Although most individuals with osteoarthritis are hesitant or prefer not to exercise, your doctor will likely encourage you to exercise. Exercise will help your joints from becoming stiff and it will also help strengthen your muscles. When you first start exercising, you may experience pain. This will usually decrease with time, but you may find that over the counter medications help to relieve the pain. You may also want to apply compresses to your joints. Here's a simple rule: If you suffer with inflammation, you will want to apply a cold compress. If you have tight or sore muscles, a heat compress will work best.

You may also want to add a dietary supplement to your daily regime. An example is a dietary supplement such as glucosamine, which is believed to relieve pain and slow down the degenerative process of arthritis. Always let your doctor know if you are adding a dietary supplement to your osteoarthritis health plan.

Hanif Khaki is the acclaimed and highly regarded author of numerous health related articles and the founder of the popular arthritis resource site <http://www.arthritispaincure.com>

Osteoarthritis Symptoms

By: [Kristy Annely](#) ★

Osteoarthritis progresses with age and affects the area around the joints. One experiences pain, stiffness or swellings due to complete loss of cartilage cushion, extended periods of inactivity, or trauma. The pain differs in intensity from low to high, increasing in humid weather, followed by muscle spasm and contraction. The time to worry is when this pain in the hip, knee, spine or feet persists for more than two weeks.

Osteoarthritis symptoms vary from patient to patient. What is interesting about Osteoarthritis is that symptoms do not always progress with time. Patients can have days of no pain or unpleasant days of acute pain due to weather changes. In progressive osteoarthritis, symptoms get magnified and other joints of the body are affected. These joints include the neck, knees, hips, hands, or feet. Crepitus, a creaking sound when a bone rubs against another bone, is prominent in the neck. The pain worsens in mornings and evenings and subsides during day time. If a patient feels pinching or tingling, or there is numbness in a nerve or the spinal cord, it means that bone spurs are forming at edge of the joints of the spine and irritating the nerves. Different body parts may experience differing symptoms. For example, with osteoarthritis of hip, the major weight-bearing joint is stiff and difficult to move.

Osteoarthritis symptoms need to be verified before any medication is prescribed, as the symptoms are often confused with spondylosis. Spondylosis is responsible for gradual deterioration of the discs between vertebrae of the spine. Spondylosis and osteoarthritis are generally found together, and one needs to be sure before start of treatment. Another common mix-up is with symptoms of Osteoporosis, or low calcium content of the bones. The pain from an Osteoporotic spinal fracture is similar to one felt by Osteoarthritis patients. Verification of symptoms in initial stages helps reduce unnecessary tension and trauma.

[Osteoarthritis](#) provides detailed information about osteoarthritis, knee osteoarthritis and more. Osteoarthritis is affiliated with [Gout Diet](#).

5 Things You Should Know About Osteoarthritis

By: [John Mancini](#) ★

If you have been diagnosed with osteoarthritis, you are not alone. In fact, you are among the 20 million, or so, people who are citizens of the United States that are affected by this condition. Whether you are male or female, you are more likely to experience the painful symptoms of osteoarthritis after the age of 55.

1- If you have been diagnosed with osteoarthritis, you probably visited your physician due to pain in you feet, spine or hands. This type of arthritis is known to also attack the larger weight bearing parts of the body such as the knees and the hips.

2- If no cause for the arthritis can be found, this is called primary osteoarthritis. However, if another cause for the pain is present, then it is referred to as secondary osteoarthritis. The treatment options for both types are the same.

3- Osteoarthritis is, in simple terms, the break down of the cartilage that is naturally present between the bones of the joints. As we age, this cartilage begins to dissolve, this occurs at a quicker pace when repetitive motion is present. As the amount of cartilage dissolves from between the bones, they begin to rub against each other, and this is the pain that is associated with arthritis.

4- People who perform repetitive motions involving the joints are also the most commonly affected by osteoarthritis. The pain is generally said to be at its worst during the night, after a long day of activity. Generally, the arthritis is accompanied by warming, swelling or creaking in the joints that are affected. Stiffness and pain are also reported by patients, usually after long periods of immobility.

5- There are several steps that can be taken to ease the discomfort of osteoarthritis. Over the counter pain medication, when taken in conjunction with weight loss efforts and exercise, is often all that is needed to control the pain. However, if this is not the case in your situation, speak with your doctor about other pain suppressing methods that may work better for you.

John Mancini has been writing about Rheumatoid Arthritis online and offline for a long time. Visit <http://arthritis-cures.info> or <http://arthritis-cures.net> to read more about matters like arthritis treatment and osteoarthritis.

Knee Osteoarthritis

By: [Kristy Annely](#) ★

Osteoarthritis, or degenerative joint disease, affects the elderly in parts of the body where it hurts the most. A person suffering from knee osteoarthritis will most likely equate it with cardiovascular disease because the breakdown of articular cartilage of knee joints restricts movement and the patient has to follow a set regimen affecting his lifestyle.

Knee Osteoarthritis is due to injury, congenital disorder, or obesity. The deterioration of articular cartilage, a smooth and fibrous connective tissue that acts as a protective cushion, narrows the joint space between bones. In time, the cartilage becomes grooved and fragmented and surrounding bones thicken or sprout into spurs. Sometimes, there is additional swelling in the knees caused when synovium, a membrane producing a thick fluid to nourish the cartilage, becomes inflamed and produces additional fluid known as 'water of the knee'. Changes occur due to constant rubbing of joint bones leading to deformity of joints that is equally painful.

Knee osteoarthritis is diagnosed through physical and pathological examinations of joints on either side of knee including hip joints, checking on posture, and gait. Once knee Osteoarthritis is confirmed, a treatment is suggested depending on nature and extent of damage and on the personal physical history of patient. Women over 60 years of age are high risk factors for knee osteoarthritis as they spend major portion of their lives doing physically demanding work that has direct relationship with knee Osteoarthritis. Wearing high heeled shoes also aggravates the pain. In youngsters, knee osteoarthritis is hereditary or due to some injury.

Precautions such as weight reduction, changing work routine, postures, diet, avoiding injuries, participating in physiotherapy, and exercise are advised. Other methods of relief such as acupuncture, ointments, prescription drugs, magnetic pulse therapy, vitamin regimes, and topical pain relievers are temporary. Using prescription drugs and surgery should be a mutual decision between patient and doctor.

[Osteoarthritis](#) provides detailed information about osteoarthritis, knee osteoarthritis and more. Osteoarthritis is affiliated with [Gout Diet](#).

Feline Osteoarthritis - What Every Cat Owner Ought To Know

By: [Jack Russel](#) ★

Osteoarthritis is a degenerative disease resulting from the wear and tear of the cartilage in the joints. While it can strike people of any age group, including children, the degenerative nature of osteoarthritis makes it more common among the elderly.

But it is not just humans who can be affected by osteoarthritis. Cats can also be afflicted by this disease. Cats also experience the same wear and tear of their joints, especially as they advance in age. The condition can be compounded further if the cat is excessively overweight.

A cat can not tell its owner, however, if it is experiencing any joint pain. Thus, it is up to its owner to determine if his or her cat may be suffering from osteoarthritis. The obvious signs of osteoarthritis in cats, aside from old age and too much excess weight, are:

1. A noticeable limp or a difference in the way the cat walks;
2. Unwillingness to jump up or down any height; and
3. Listlessness or nervousness, sometimes outright aggression.

Once the condition of osteoarthritis has been specifically diagnosed by the veterinarian, the cats owner can turn to many forms of treatment to relieve the cat of joint pain. Home therapies include special diets and exercise that will make the cat slim down in case it is overweight. Massage applied to the affected area is also good in relieving joint pain resulting from osteoarthritis.

Common forms of drug treatments given to cats suffering from osteoarthritis are corticosteroids and non-steroidal anti-inflammatory drugs (NSAIDs). They are good for relieving joint pain. However, these drugs work only by blocking pain signals to the brain. They do not really do much in terms of treating osteoarthritis itself. Also, there are now existing research materials that state that corticosteroids and NSAIDs have other dangerous side effects like liver and kidney failure in cats.

What are now seen to be truly effective alternatives for treating cats with osteoarthritis are supplements containing glucosamine and chondroitin. Glucosamine is widely held to be an effective therapy against osteoarthritis because it assists in rebuilding cartilage tissues that have been damaged by the disease. Chondroitin goes hand-in-hand with glucosamine because it prevents enzymes that are destructive to cartilage tissues. Also, chondroitin works to lubricate the joints and lessen the pain. Recent studies show glucosamine and chondroitin in combination effectively work in fighting osteoarthritis at the source of the ailment itself.

Leading manufacturers have developed formulas specifically for pets. One such successful product is Syn-flex for Pets. The Syn-flex liquid glucosamine formula is easy to administer, with dosing given once a day according to your pets weight. Syn-flex also includes additional supplements are part of the formula, effective in controlling inflammation and provide additional benefits that pills do not. A very safe and effective treatment, [Syn-flex](#) is being recommended by Veterinarians around the country. Results of your pets' improved well being are noticeable in a couple of short weeks. For more information about osteoarthritis and other joint ailments in pets treated by Syn-flex, please visit my online retailer at <http://www.syn-flex-usa.com>

What Is Osteoarthritis And The Connection Between ASU and Osteoarthritis?

By: [Tim Gorman](#) ★

What Is Osteoarthritis?

Osteoarthritis is the most common form of the potentially debilitating rheumatoid disease. The disease finds its most victims in adults age twenty-five or older. In 2006, nearly twenty-one million Americans were living with this form of arthritis. Also known as degenerative joint disease, osteoarthritis attacks the bone's cartilage. While healthy bone cartilage makes it easy for bones to glide over and pass each other and absorbs the shock of physical movement, once the cartilage finds itself under siege by osteoarthritis however, the surface layer of the bone cartilage deteriorates and begins to wear down. Eventually, the bones beneath the cartilage effected by osteoarthritis will start to rub together, swell, start pain, and loss joint motion.

Osteoarthritis patients regularly experience pain in the joints and limited mobility. But unlike other members of the arthritis family, like rheumatoid arthritis for instance, osteoarthritis does not spread its havoc into other areas of the body like the tissues of the skin, the lungs, the eyes, and the blood vessels. Instead osteoarthritis goes for the hands, particularly the ends of the fingers and thumbs, the spine, especially the areas around the neck and lower back, the knees, and the hips.

What Do Osteoarthritis Patients Look Like?

Osteoarthritis is most common in older people, but the condition has been known to manifest itself in young people suffering from a joint injury, joint malformation, or a genetic joint defect. Striking both men and women equally, osteoarthritis in people age forty-five and younger is most common in men, with the disease becoming more common in women older than forty-five. Excessive weight and professions that stress the joints are both factors that can flare the onset of osteoarthritis.

No matter how common, the effects of osteoarthritis reach behind the joints and cartilage that attacks. Osteoarthritis can not only alter lifestyles, but bank accounts, too. Some lifestyle changes associated with osteoarthritis include depression, anxiety, helplessness, limited activity, limited employment potential, expensive medical treatments, and lost wages.

How Is Osteoarthritis Treated?

Osteoarthritis has four goals:

- Controlling pain

- Improving joint function
- Maintaining a normal body weight
- Achieving a healthy lifestyle

In an effort to champion these core goal, osteoarthritis is treated with a rigorous combination of exercise, weight control, rest and relief, natural pain relief, medication, surgery, or even alternative treatments. Studies have shown that exercise is one of the best treatments for osteoarthritis. Not only can exercise routines like walking, water aerobics, and swimming increase flexibility and strengthen the heart rate, they are also great for decreasing pain and prompting a cheery outlook. Other exercise benefits on osteoarthritis include an improved blood flow and affordability.

ASU and Osteoarthritis

For the alternative medicine aficionado in osteoarthritis patients, avocado-soybean-unsaponifiable (ASU-no relation to Arizona's infamous party school) is one of the most promising alternative treatments to emerge in hopes of relieve the symptoms of osteoarthritis. [ASU and osteoarthritis](#) demonstrated a connection in a series of European studies that provide osteoarthritis patients with between three and six hundred milograms of a day of ASU. The trials discovered that the terms ASU and osteoarthritis treatment may just go hand and hand; ASU has proven to be an effective treatment for osteoarthritis in the studies administered.

For more information on [ASU and Osteoarthritis](#) try visiting <http://www.quickarthritispainrelief.com>, a popular website that provides arthritis pain relief tips, advice and resources to include information on arthritis pain, arthritis symptoms and natural arthritis relief.

Who Else Wants Osteoarthritis Pain Relief?

By: [James Rabin](#)

There is no known cure for this degenerative disease, but there are ways to achieve osteoarthritis pain relief without resorting to drugs every time. There are several things including supplements as well as the proper diet for osteoarthritis, exercises, acupuncture, etc. which can help you manage your condition and get osteoarthritis pain relief the natural way.

For osteoarthritis pain relief, a known supplement that can help is something called the avocado/soybean unsaponifiables. Obviously, it has extracts from avocados and soybeans, which apparently can ease the pain and stiffness brought on by osteoarthritis. Eating avocados and soybeans will not have the same effect, not being able to provide enough unsaponifiables to be medicinal.

The World Health Organization has listed the disease as one of the conditions that can be addressed by acupuncture. This means that this kind of treatment has been proven effective and safe in eliciting osteoarthritis pain relief.

Ordinary massage therapy can offer osteoarthritis pain relief by easing muscle tension. Joint stiffness and cartilage repair can be promoted by the improved circulation caused by massage.

Exercising is a great natural method of dealing with arthritic pain. Talk with your physician, which routines can help and not aggravate your situation.

Heat and cold therapy, much like the way injured athletes employ it to soothe strained muscles, can offer osteoarthritis pain relief.

A specific diet for osteoarthritis is yet an unconfirmed concept that researchers are currently looking into. It is true that the weight is an influential factor on joint wear-and-tear, thus maintaining the appropriate weight is necessary to lessen strain on the joints.

There are known nutrients that promote bone and cartilage health, such as Vitamins C, D, and E. Vitamin C promotes good cartilage development, so citrus fruits may have to figure in the diet for osteoarthritis. Vitamin D deficiency has shown adverse effects when it comes to osteoarthritis and osteoporosis, so a daily dosage of Vitamin D supplements may greatly help. Vitamin E may actually improve mobility by lessening the pain associated with arthritis. Other nutrients that are beneficial to the disease are copper, which can reduce inflammation, and zinc, which can also ease swelling and pain. A diet for osteoarthritis will potentially be rich in whole grains which are abundant in both. A fish diet may also promote osteoarthritis pain relief because of its omega-3 fatty acids, which has been shown to reduce inflammation when consumed regularly.

Osteoarthritis pain relief can be easily achieved as there are many options for it. The best and safest way to go, however, is the natural way. Discuss these options with your physician right away so you can soon enjoy the benefits of the treatments of your choice.

Now you can have [natural allergy remedies](#)! Or learn more about the [diet for osteoarthritis](#) at <http://arthritis-and-joint-relief.com>

Things You Wanted To Know About Osteoarthritis

By: [Veronika Lepinski](#)

Arthritis has more than 100 types, and osteoarthritis is the most common form. It is known to affect over 21 million people across the United States, which is 10 percent of the total population – an astronomical figure. It is a disease of the joints, characterized by degeneration. This condition leads to the deterioration of the cartilage – the cover at the ends of the bones. With the loss of cartilage, the bone ends rub against each other, causing pain, swelling, and movement loss. Gradually, along with the loss of movement, the joint may also lose its shape.

Osteoarthritis affects only the joints and not other organs of the body. It is most common among people over the age of 60, though it can affect younger people, people about to begin their careers, about to start their families, and even those who have reached the peak of their careers. It is expected that in the next 25 years, around 70 million people in the United States will be at its risk, as over 20 percent would be 65 years of age and above.

How And Where

Osteoarthritis is the major cause of physical disabilities, especially among adults. Younger people do develop this condition from injuries to joints, in most cases sport related. This is common to both males and females, with more men suffering from it before the age of 45, and more women after the age of 45. Experts are not aware what causes osteoarthritis, but it affects different people differently. Though not conclusive, it is thought that: the process of aging; obesity and being overweight; injury to joints due to sport; and joint stress; among others, may be a combination of factors causing osteoarthritis.

In most cases, osteoarthritis affects the joints of the fingers, thumbs, the neck, the lower back, the knees, and the hip joint. Each hand has 27 bones, and therefore, more joints in the fingers and thumbs to develop [osteoarthritis](#). The knuckles and the tips of the middle finger are most affected joints of the fingers. Osteoarthritis of the fingers causes them to swell, and the thumbs have problems at their bases. The fingers and the thumbs feel pain, stiffness, swelling and loss of movement.

Osteoarthritis of the neck is also known as cervical osteoarthritis, or more commonly cervical spondylosis. Degeneration of the padding between the cervical discs, and the joints of the bones of the cervical spine, is what causes osteoarthritis of the neck. It is thought that it occurs primarily due to the process of aging.

Osteoarthritis of the knee could ensue from wear and tear of the cartilage, injury, and over straining; and that of the hip is felt in the front part of the thigh, and not necessarily over the hip directly.

Doctors are known to call osteoarthritis by various names, such as ostoarthrosis, hypertrophic arthritis, degenerative arthritis, and degenerative joint disease, among others.

This condition needs to be tackled seriously and severely, as it affects not only the health, but due to physical disabilities, the very independence of the sufferers.

Veronika Lepinski is the author of [Specialist Arthritis](#), a trusted source of information about [arthritis](#) & treatments.

Articles On Other Types Of Arthritis

Arthritis Report-How To control Your Arthritis

http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html

Rheumatoid Arthritis

http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Herbal Remedies for Arthritis

http://www.arthritispainbegone.com/Herbal_Remedies.html

Psoriatic Arthritis

http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html

Pet Arthritis

http://www.arthritispainbegone.com/Cat_Arthritis.html

Arthritis AND Diet

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Arthritis Symptoms

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Gouty Arthritis

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Arthritis and Exercise

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Amazing Arthritis Relief

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A handwritten signature in blue ink that reads "Stacynth Allen". The signature is written in a cursive style with a large, prominent 'S' at the beginning.

