

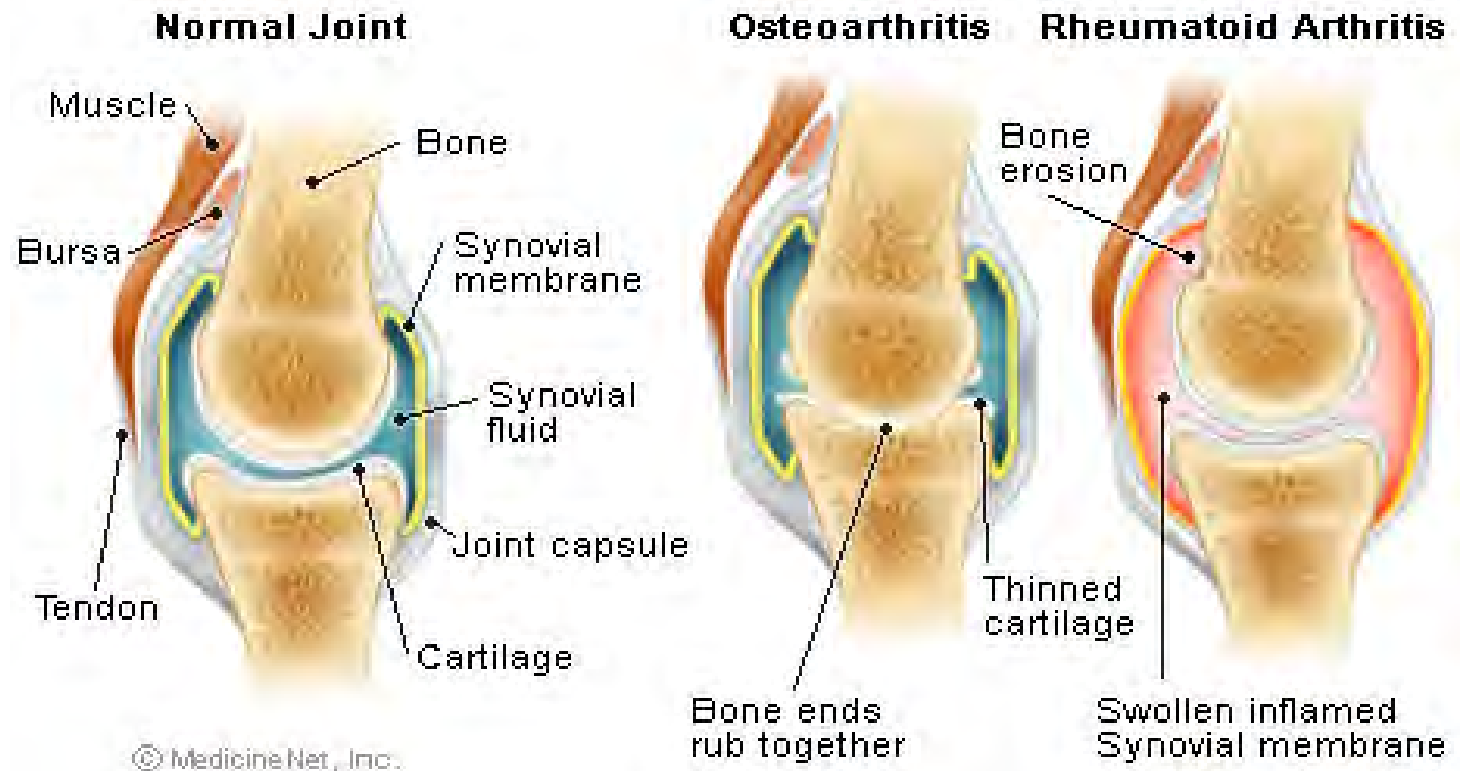


Living with Arthritis

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What is Arthritis?

- Arthritis is a painful problem with the joints
- Healthy joints help your body move, bend, and twist
- Knees glide up and down stairs without creaking or crunching
- Hips move you along on a walk without a complaint
- But when you have arthritis, such simple, everyday movements can hurt



Normal and Arthritic Joints

What is Arthritis?

- Arthritis is mainly a disease of the spine, hip, hand, knee, and foot
- Arthritis is most common in older people
- Even though you can't cure arthritis, there are many treatments that can help with your pain and make it easier for you to move
- There are things you can do to keep the damage from getting worse

What Causes Arthritis?

- The simplest way to describe arthritis is that it's wear and tear on the cartilage of your joints
- Joints have cushioning inside them called cartilage.
- This tissue is firm, thick, and slippery
- It covers and protects the ends of bones where they meet to form a joint



What Causes Arthritis?

- Changes in the cartilage cause it to break down
- When cartilage breaks down, the bones rub together and cause damage and pain
- Experts don't know why this breakdown in cartilage happens, but aging, joint injury, being overweight, and genetics may be a part of the reason

Symptoms of Arthritis

- Pain
- Stiffness
- Muscle weakness
- Swelling
- Deformed Joints
- Decreased Range of Motion
- Creaking and Crunching Sounds



Arthritic Knee

What is Rheumatoid Arthritis (RA)?

- Rheumatoid arthritis (RA) is an
 - autoimmune disease that causes chronic inflammation of the joints.
 - cause inflammation of the tissue around the joints, as well as in other organs in the body.
 - Autoimmune diseases are illnesses that occur when the body's tissues are mistakenly attacked by their own immune system.
 - The immune system contains a complex organization of cells and antibodies designed normally to "seek and destroy" invaders of the body, particularly infections.
 - Patients with autoimmune diseases have antibodies in their blood that target their own body tissues, where they can be associated with inflammation.

Treatment Options

- Medical treatment options vary and different treatments may work at different times
- Your PCP might treat your symptoms, or send you to an orthopedic doctor or rheumatologist
- As arthritis progresses, some people may have surgery to repair or replace affected joints
- Many people can manage their symptoms with lifestyle remedies, sometimes in combination with medical treatment

NSAIDs

- **NSAIDs (nonsteroidal anti-inflammatory drugs)**
 - Obtained either OTC (over-the-counter) or as a prescription medication
 - Low dosages are effective for headaches, muscle aches, fever, and minor pains
 - At a higher dose they help reduce joint inflammation
 - Types of NSAIDs, and they all block prostaglandins - hormone-like substances that:
 - cause pain
 - inflammation
 - muscle cramps
 - fever





Exercise

- Regular exercise is one of the most effective ways to manage symptoms
- A combination of aerobic exercise, strength training and flexibility works best
- Choose activities that are low-impact
 - Walking
 - Swimming
 - Biking
 - Yoga
 - Tai Chi



Overall Healthy Lifestyle

- Eat a nutrient-rich, balanced diet, with sufficient intake of Calcium, Vitamin D3 and Phosphorus.
- Maintain a healthy weight- additional pounds place excess strain on joints
- Stay well-hydrated. The body is 70% water, and sufficient hydration contributes to joint structures and functions
- Get your vision checked. Poor vision can affect the way you carry yourself, leading to poor posture and pressure on joints
- Don't smoke



Ice and Heat

- Apply ice to the affected area to reduce inflammation and swelling.
- Wrap an ice pack in a pillow case or towel (never place ice directly on your skin) and put it on the sore spot for ten minutes each hour.
- For pain that lasts longer than 48 hours you can begin using heat.
- Heat increases the blood flow to the area, relaxes tissues and can improve your mobility.
- Apply a warm, damp cloth to the area for 5 to 10 minutes every hour or use a warm bath or hot tub
- Dry heat, such as heating pads or heat lamps, works too.



Anti-Inflammatory Diet Choices

- **Ginger** - A natural anti-inflammatory, available as powdered extracts in capsules as well as alcohol-based extracts. Follow the dosing directions on the label. Or make tea by combining one-half teaspoon of grated ginger root with eight ounces of boiling water. Cover and steep for 10 to 15 minutes, then strain and add honey to taste.
- **Fresh pineapple** - Bromelain, an enzyme in pineapple, reduces inflammation. Be sure the pineapple is fresh, not canned or frozen.
- **Cherries** - Recent research has shown that tart cherries are an excellent source of nutrients that may help to reduce joint pain and inflammation related to arthritis.
- **Fish** - Cold-water fish such as salmon and mackerel contain omega-3 fatty acids, which help keep joints healthy as well as reduce pain and swelling. If you don't care for fish, consider supplementing your diet with fish oil capsules.
- **Turmeric** - Another natural anti-inflammatory. Look for an extract of whole turmeric, in health-food stores; follow the dosage directions on the label.

Glucosamine and Chondroitin

- Glucosamine and chondroitin sulfate are components of normal cartilage. In the body, they are the building blocks for cartilage and appear to stimulate the body to make more cartilage.
- There are conflicting studies on glucosamine and chondroitin, some demonstrating a beneficial effect on osteoarthritis pain.
- Many physicians may still recommend a trial of glucosamine at this point, and if there is not apparent improvement by 3 months, it would be reasonable to stop glucosamine.

MSM

- MSM, or methyl sulfonylmethane, is a supplement said to help a wide range of conditions, including arthritis, allergies and even snoring.
- MSM is an odorless and tasteless natural sulfur compound found in all living things. Sulfur is needed by the body for healthy connective tissue and joint function and has purported pain-quashing and anti-inflammatory properties.

Collagen

- Collagen is the glue that holds our bodies together
- Your body produces collagen when it breaks down protein from the foods you eat
- This process slows significantly as we get older
- Collagen supplements may help to reduce inflammation, pain and stiffness in those with osteoarthritis
- Collagen supplements are always derived from animals, so they may not be an option for vegetarians



Questions?

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