

World Arthritis Day

World Arthritis Day is a beautiful day to spread awareness on various types of ailments related to arthritis .People is educated about healthy living choices, prevention and treatment for these diseases.

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World Arthritis Day 2021 – History

The first celebration of World Arthritis can be dated back to the year 1996. It began with the combined efforts of The Arthritis and Rheumatism International Foundation. This made efforts to spread public messages on musculoskeletal diseases.

Theme for World Arthritis day 2021!

It's in your Hands – Take action

What is Arthritis?

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Osteoarthritis is the commonest type of arthritis, Rheumatoid arthritis , Psoriatic arthritis, Post traumatic arthritis are other factors and diseases which may lead to arthritis Osteoarthritis is often known as a degenerative joint disease as it leads to the slow breakdown of the bones and cartilage within a joint. It usually affects the knees, hips, and hands and causes symptoms including pain, stiffness, impaired

motion, and swelling.

It is of paramount importance that early consultation by a specialist is done so we may rule out other diseases and in turn treat them. Rheumatoid arthritis which in turn causes early degeneration of the joints may be treated with newer medications (immunotherapy) which can in turn further progress of the disease.

At Anup Institute of Orthopaedics and Rehabilitation we educate the patients to help those with arthritis to manage their condition. We recommend: learning arthritis management strategies; staying active; maintaining a healthy weight; visiting your doctor; and protecting your joints.

We get Special DEXA scan to understand bone quality and quantify osteoporosis and treat accordingly. Medication, supportive devices, and physiotherapy are also available to treat osteoarthritis.

Exercise is one of the best ways to improve symptoms of Arthritis

Why is exercise important?

Physical activity is a great way to increase your physical and mental health and can also reduce the symptoms of arthritis.

Being active can :

- Reduce chance of joint and back pain by 25%
- Reduce falls and depression by 30%
- Improve your quality of life

How much exercise should I do and how often?

Any amount of exercise is better than nothing so it is always worth starting small and gradually increasing as you get more confident.

Adults and older adults should aim for 150 minutes of moderate-intensity activity per week or 75 minutes of vigorous activity per week.

It is good to remember that you don't have to do this all in one go and breaking it up into smaller more manageable chunks is perfectly fine.

What if I am in pain when I exercise?

Many people experience some aching or low levels of pain after exercising, especially if you are not used to it.

However, if you experience instant or severe pain you should stop and seek medical advice if necessary. If you are unsure about anything it is good to seek professional medical advice.

Where can I find specific Arthritis guidance?

At AIOR we have dedicated clinics – Arthritis clinics and deal with patients who feel they are suffering from arthritis. We investigate and educate them.

What are the Treatment options for treating Arthritis?

If the patient presents early – education and life style modification is a must so we may prevent the progress. We have a group of Medicines – DMOADS (disease modifying Osteoarthritis drugs) which is beneficial in early stages along with weight optimization and physiotherapy.

What is the treatment of End stage osteoarthritis?

Joint replacement and medications is the treatment for end stage arthritis.

