

OSTEOARTHRITIS

OSTEOARTHRITIS (OA) IS A CHRONIC JOINT DISEASE THAT RESULTS FROM BREAKDOWN OF JOINT CARTILAGE AND UNDERLYING BONE. OA CAN DAMAGE ANY JOINT, BUT THE DISORDER MOST COMMONLY AFFECTS JOINTS IN YOUR HANDS, KNEES, HIPS AND SPINE.

SYMPTOMS

The most common symptoms are joint pain and stiffness. Other symptoms may include joint swelling, decreased range of motion. At first they may only occur after exercise, but after they can become constant over time. Also depression and sleep disturbances can result from the pain and disability of osteoarthritis.

If you have a permanent joint pain or inflexibility, contact us.

CAUSES

The trigger of osteoarthritis is most often unknown, but OA sometimes begins with tissue damage from mechanical injury, transmission of inflammatory mediators into cartilage, or defect in cartilage metabolism.

WHAT CAN INCREASE YOUR RISK OF OSTEOARTHRITIS?

- The risk of osteoarthritis increases with age.
- Sex; women are more likely to develop OA.
- Obesity; increased weight adds stress to joints, such as your hips and knees. Also, fat tissue stimulates inflammation in and around your joints.
- Joint injuries, eg. torn meniscus
- Repeated stress on the joint
- Genetics
- Bone deformities
- Certain metabolic diseases, eg. diabetes



DIAGNOSIS

Imaging tests of the affected joint:

- X-ray

X-rays generally reveal marginal osteophytes, narrowing of the joint space, increased density of the subchondral bone, subchondral cyst formation, bony remodeling, and joint effusions.

- Magnetic resonance imaging (MRI)

MRI isn't commonly needed to diagnose osteoarthritis but can help to exclude other disorders or to diagnose disorders causing secondary OA.

- Lab tests; analyzing your blood or joint fluid can help confirm the diagnosis.

Laboratory studies are mostly normal in OA.

If OA causes joint effusions, analysis of synovial fluid can help differentiate it from inflammatory arthritides.

TREATMENT GOALS

- Relieving pain,
- provide for joint flexibility,
- optimizing joint and overall function.

Primary treatments include physical resources such as rehabilitation; exercise for strength, flexibility, and endurance; patient education; and modifications in activities of daily living. Adjunctive therapies include drug treatment and surgical procedures.

We specialize in joint replacement surgery (arthroplasty). This procedure involves removing your damaged joint surfaces and replaces them with plastic and metal parts.

We offer you procedures such as:

- **unicompartmental knee arthroplasty,**
- **full endoprosthesis of a knee-joint,**
- **total hip replacement.**

