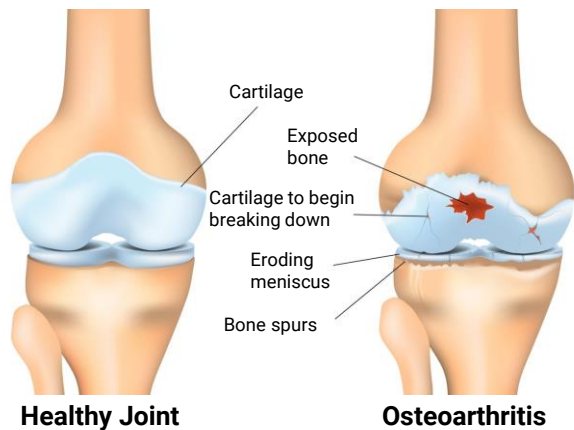


# What is Osteoarthritis?

- Osteoarthritis (OA) is a chronic, irreversible joint disease affecting areas such as the knees, hips, lower back and neck, and fingers.



- OA causes cartilage between the joints to break down, which leads to inflammation and pain as bones rub against each other over time. OA increases the risk of bone breakdown, and fragments of chipped bone may create further damage.
- Inflammation may lead to decreased muscle performance, which increases the risk for falls.

# Who does it affect?

- OA affects 27 million Americans who are age 65 or older
- 50% of individuals may develop knee OA
- Younger individuals may develop OA after joint injuries

# What are the symptoms?

- Pain and stiffness of joints (knees, hip, lower back), usually in the morning, or after resting for a long period of time
- Swelling and tenderness of joints after exercise or physical activity

# Living with Osteoarthritis?

- Exercise can reduce joint pain and stiffness caused by OA
- Weight control or weight loss can reduce stress and tension of joints
- Using heat and cold therapies can reduce joint pains and swelling
- Taking nutritional supplements may improve symptoms in some people



# Foods for Osteoarthritis

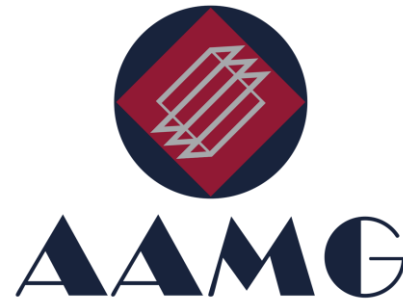
Based on a study involving 4,421 men and women, those who ate an inflammatory diet high in fat, sodium, and refined sugars were 37% more likely to suffer from falls related to OA. Men were at risk for OA-related frailty 4 times higher than women.

## Consume anti-inflammatory foods:

- Salmon
- Avocado
- Olive oil
- Walnuts
- Sesame seeds
- Green tea
- Berries
- Dark leafy green vegetables
- Ginger
- Curry Powder



- Limit inflammatory foods that are fried, high in sodium, refined sugar, and red meat.



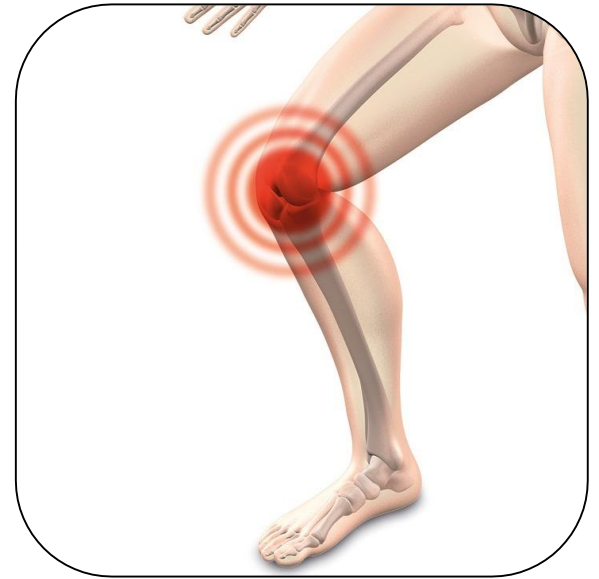
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# Osteoarthritis & Nutrition



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