

What to Know About Arthritis

Arthritis is a leading cause of disability among adults in the U.S. and affects more than 50 million, including more than 294,000 children under the age of 18. While therapy and surgery can help with this condition, you can also adjust your lifestyle to prevent osteoarthritis.

Arthritis by the Numbers

By 2040, 78 million US adults will have arthritis.



53.2 million affected by arthritis in the US.

25.7 million US adults are limited by arthritis in everyday activities.

1 in 3 adults in rural areas have arthritis.

1 in 10 hospital visits are due to arthritis.

Common Types of Arthritis



OSTEOARTHRITIS

Affects 32.5 million US adults and occurs most frequently in the hands, hips, and knees.

HIP OSTEOARTHRITIS

Occurs in older adults, with a 3-4% prevalence rate among those aged 65 and above.

KNEE OSTEOARTHRITIS

Affects approximately 13% of women and 10% of men 60 and older.

Causes of Arthritis

60+

Aged 60 years and older



Gender

Women are more susceptible than men



Obesity



Injuries



Repetitive Stress



Genetics



Bone Deformities



Metabolic Diseases

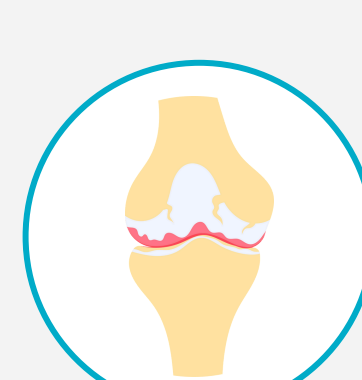
Symptoms of Arthritis

The most common symptom is pain when trying to move your joint, such as difficulty walking due to pain in your knees or hips.

- Pain or aching joints
- Stiffness
- Tenderness
- Loss of Flexibility
- Bone Spurs
- Swelling
- Inflammation
- Fatigue
- Grating, popping or cracking when moving joints
- Depression



Inflammation



Bone Spurs



Fatigue

Women vs. Men

WOMEN

Arthritis is the #1 reported chronic illness



MEN

Arthritis is the #3 reported chronic illness



Tips to Help with Arthritis

Healthy Weight: Extra pounds put more pressure on your joints.

Exercise: Regular physical activity can reduce pain and improve function, mood, and quality of life for adults with arthritis. The Arthritis Foundation Exercise Program have been shown to improve arthritis symptoms

Low-Impact Activities: Gardening and strength training are common physical activities among active adults with arthritis.

Stretching: Gentle stretching can improve your range of motion and keep your joints limber. Try simple stretches or yoga every day.

Pain Management: Non-pharmacologic therapies, like physical activity and self-management education, effectively manage arthritis and other chronic conditions.



Heat and Cold: Heating pads or ice packs may help relieve arthritis pain.

Protect Yourself: Arthritis affects injured joints more rapidly. Wear protective gear when joining playing sports or during other strenuous activities.

Assistive Devices: Canes, shoe inserts, walkers, raised toilet seats, and other assistive devices can make life easier and protect your joints.

Get Help: If conservative measures don't help, doctors may suggest surgery and physical therapy.



Struggling with Arthritis in Your Knee or Hip?

Visit us at Coastal Orthopedics to schedule a consultation with an orthopaedic specialist.

