



To Avoid Osteoarthritis, START YOUNG

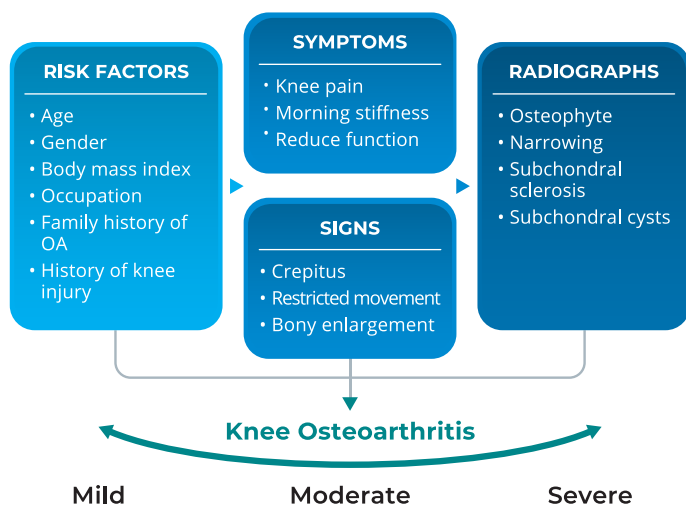


Osteoarthritis (OA) is a chronic disease that leads to destruction of the cartilage in joints. It is characterised by joint pain, stiffness and swelling, and mainly affects load-bearing joints - hands, knees and hips. Although the usual population associated with OA is mostly the elderly people, athletes and younger people are also susceptible.

Joint health has become a major public health concern worldwide, largely due to an ageing population. According to the World Health Organization (WHO), an estimated 130 million people worldwide will suffer from OA by the year 2050 and is one of the leading causes of disability worldwide.

OA is something people should think about preventing, or at least delaying, when they are still in their 30's and 40's, or even younger. Many people do not realize OA starts when they are young, long before joint pain occurs. In young and athletic individuals, the more time they spend engaging in occupational and recreational activities, their higher predisposition to injuries contribute to their higher likelihood of developing OA.

The risk factors for OA, its typical symptoms (persistent knee pain, limited morning stiffness and reduced function) and signs (crepitus, restricted movement and bony enlargement) can be useful evidence in the clinical diagnosis of knee OA. Crepitus is the crackling or popping sounds when moving a joint.



Zhang W, Doherty M, Peat G, et al. EULAR evidence-based recommendations for the diagnosis of knee osteoarthritis. Ann Rheum Dis. 2010;68(3):483-489.

Managing Osteoarthritis

OA cannot be cured, but can be well managed. Therefore, maintaining joint mobility is key to protect our joint as early as we can so that we can continue to enjoy the daily activities that we like and do not let the joint pain slow us down. Management plans may include ways to reduce pain, maintain joint and muscle function and manage the tasks of daily living. Medicines can give additional relief such as pain reliever, non-steroidal anti-inflammatory drugs (NSAIDs).

Taking joint supplement is also a potentially useful way to maintain healthy joints and protect our joints. Glucosamine and chondroitin both show evidence of helping cartilage to repair and delaying the deterioration of cartilage. Methylsulfonylmethane (MSM) helps maintain healthy connective tissue in the body. Clinical studies demonstrate that MSM alleviate joint pain and stiffness while improving mobility and quality of life in people suffering from joint problems.

Do you have knee Osteoarthritis?

Complete this simple assessment to identify your risk:

1. Are you aged 45 years and above? **Yes / No**
2. Have you experienced any pain in your joint after activities? **Yes / No**
3. Are you experiencing the morning joint stiffness that lasts for more than 30 minutes and more than once? **Yes / No**
4. Have you had any " crackling " sounds when moving your joints? **Yes / No**

If you have answered " **Yes** " to 3 or more of the above questions, you should consult the pharmacist for advice on how to manage your joint pain and start to improve your joint health.

完成以下评估以确认您的风险:

1. 您的年龄是否在 45 岁以上? **是 / 否**
2. 活动时, 关节处是否发出“ 嗒拍 ”声情况? **是 / 否**
3. 活动后, 关节处是否感到疼痛? **是 / 否**
4. 早上醒来, 关节处是否持续僵硬 30 分钟以上, 且复发超过一次? **是 / 否**

如果您有三个或以上的答案为“ **是** ”, 请咨询药剂师以了解如何控制关节疼痛, 开始维护您的关节健康。