

Osteoarthritis (OA)

Najia Shakoor, MD
Associate Professor of
Medicine
Section of Rheumatology

 RUSH UNIVERSITY
MEDICAL CENTER

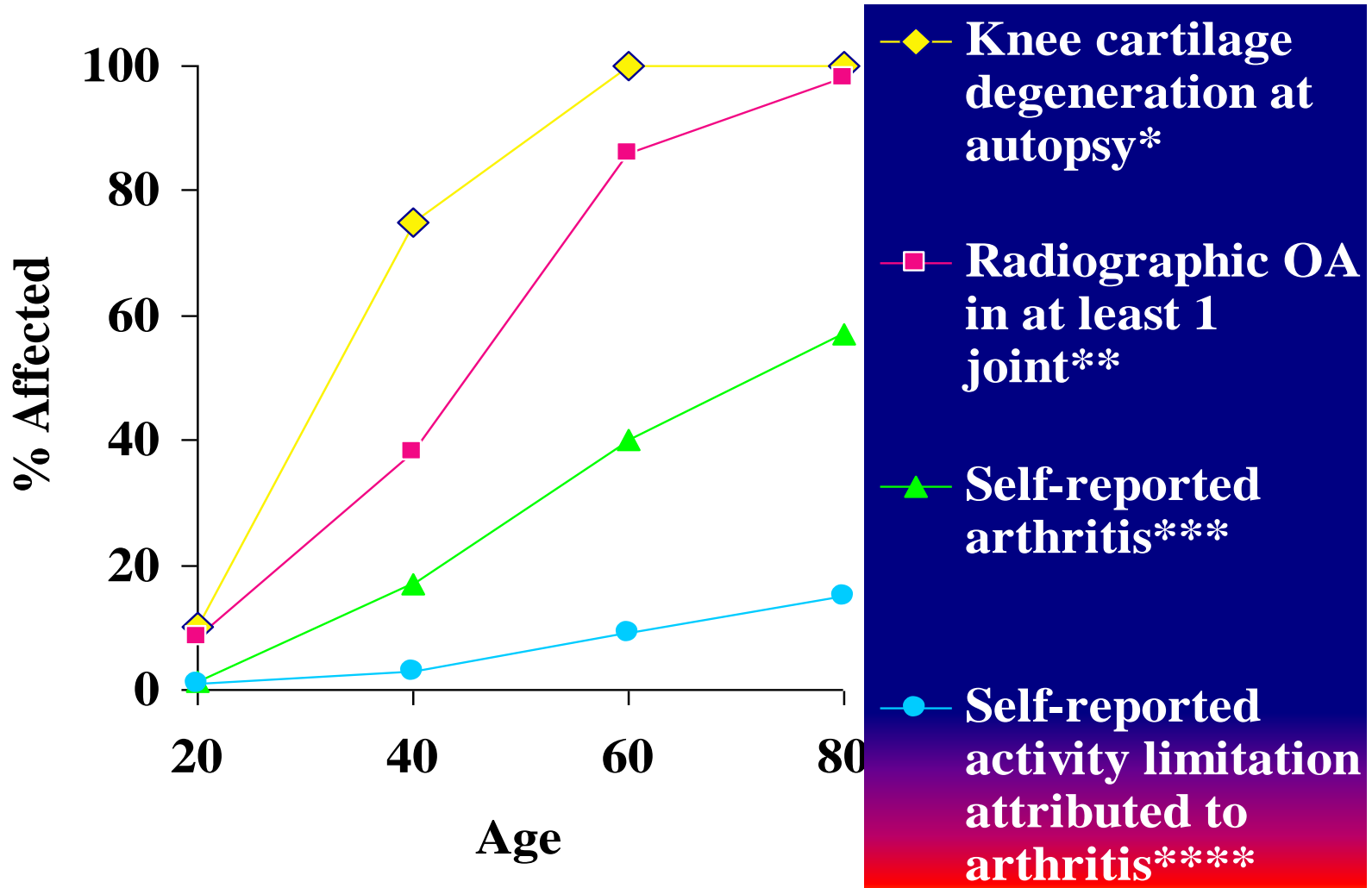
IT'S HOW MEDICINE

SHOULD BE

What is OA?

- One of the oldest and most common diseases in people
- Affects 21 million people in the United States
- It is a “wear and tear” arthritis in joints
- It leads to degeneration or damage to cartilage in your joints

Who gets OA?



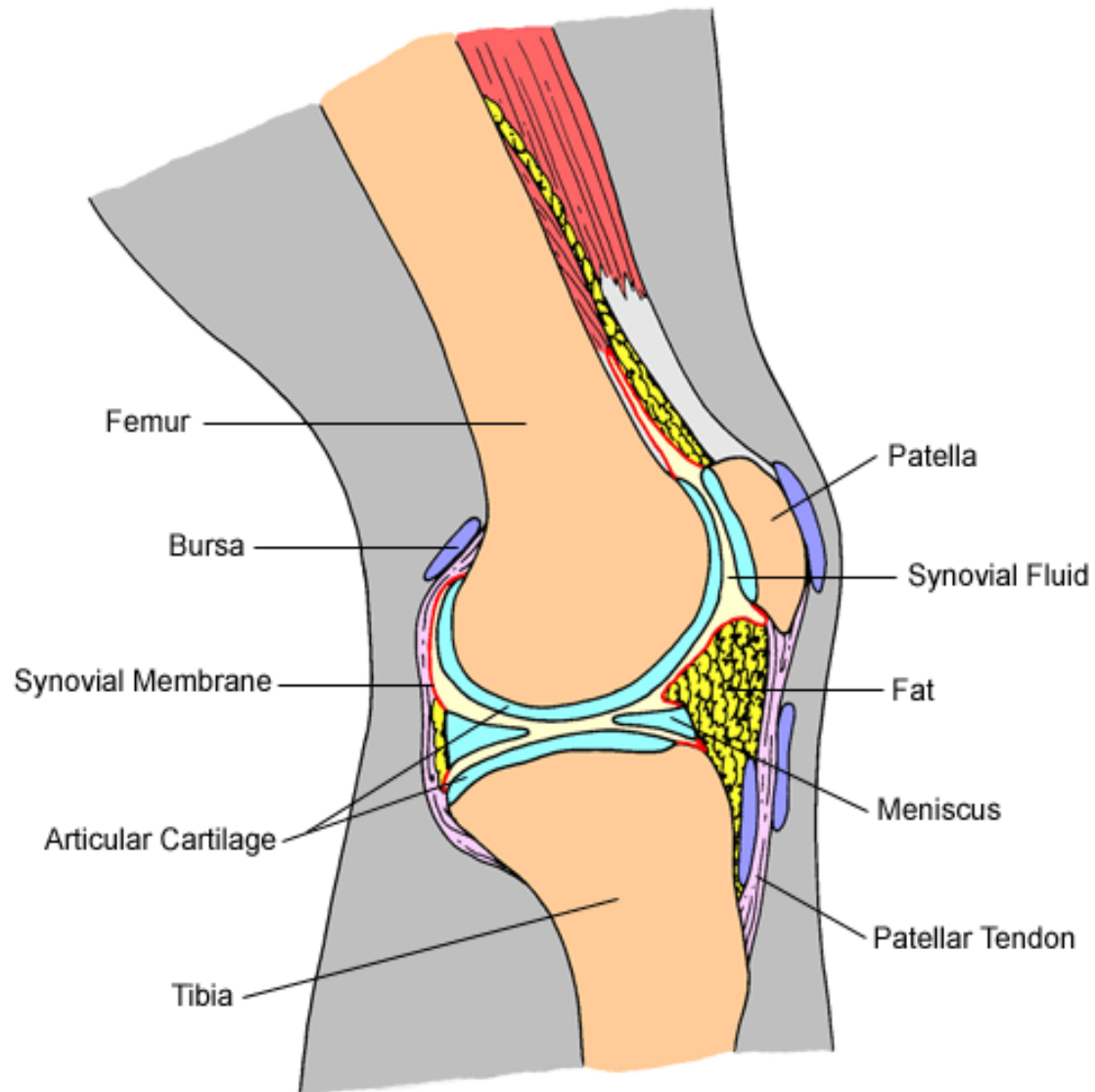
OA increases with age!!

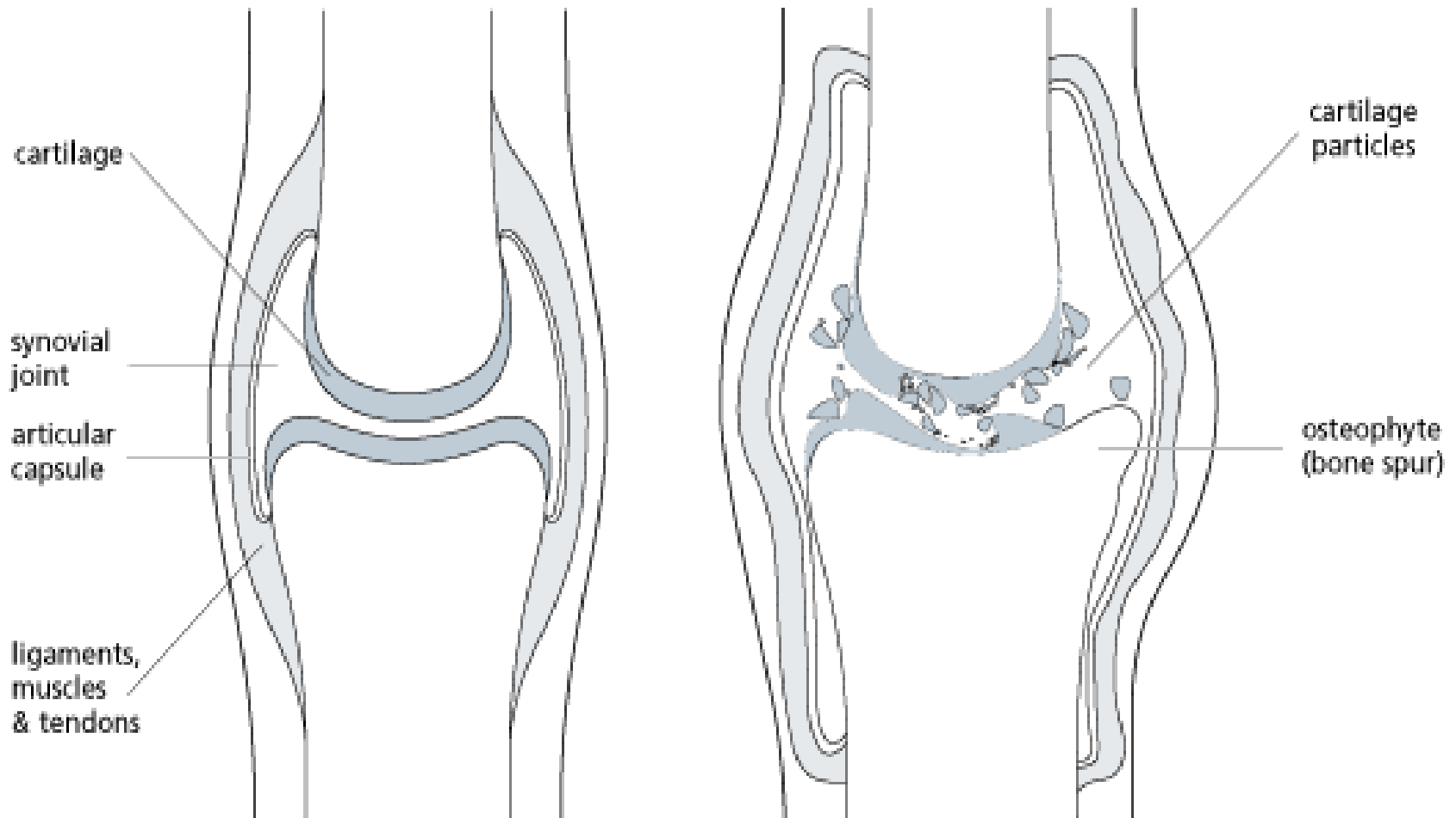
Risk factors for OA

- Age!!
- Female sex
- Obesity (overweight)
- Genetics
- Activity/Occupation
- Joint injury
- Muscle weakness
- Nerve damage

The joint

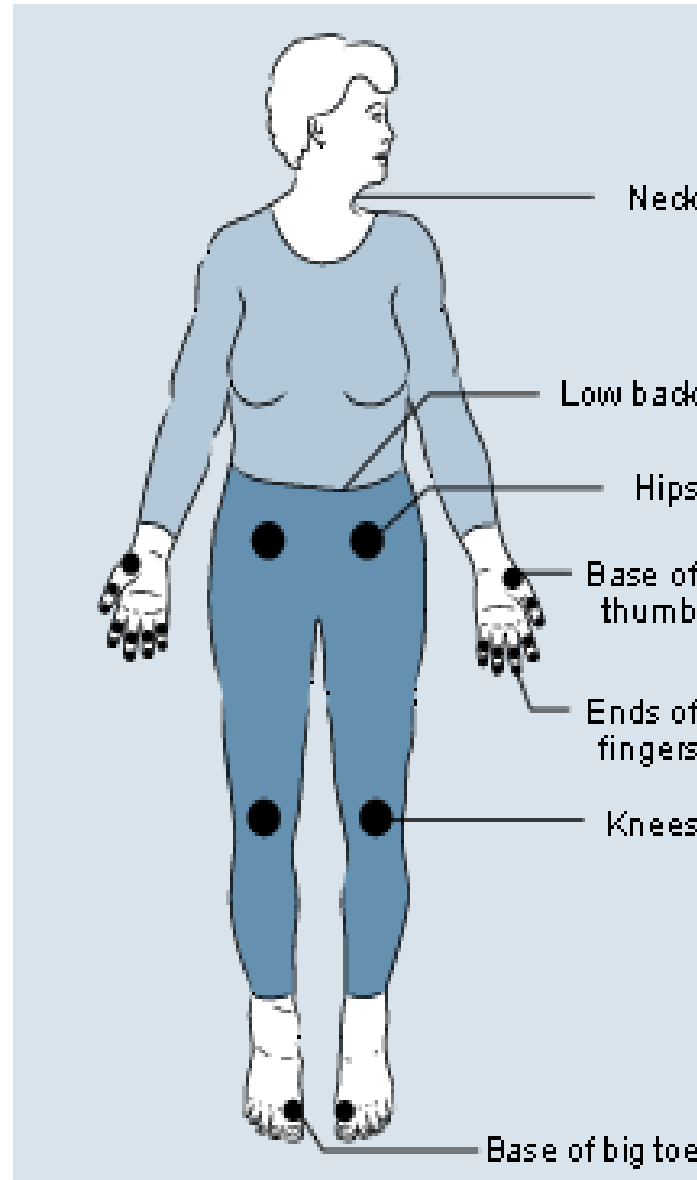
Knee Joint





Breakdown of cartilage Growth of bone

What joints does OA affect?

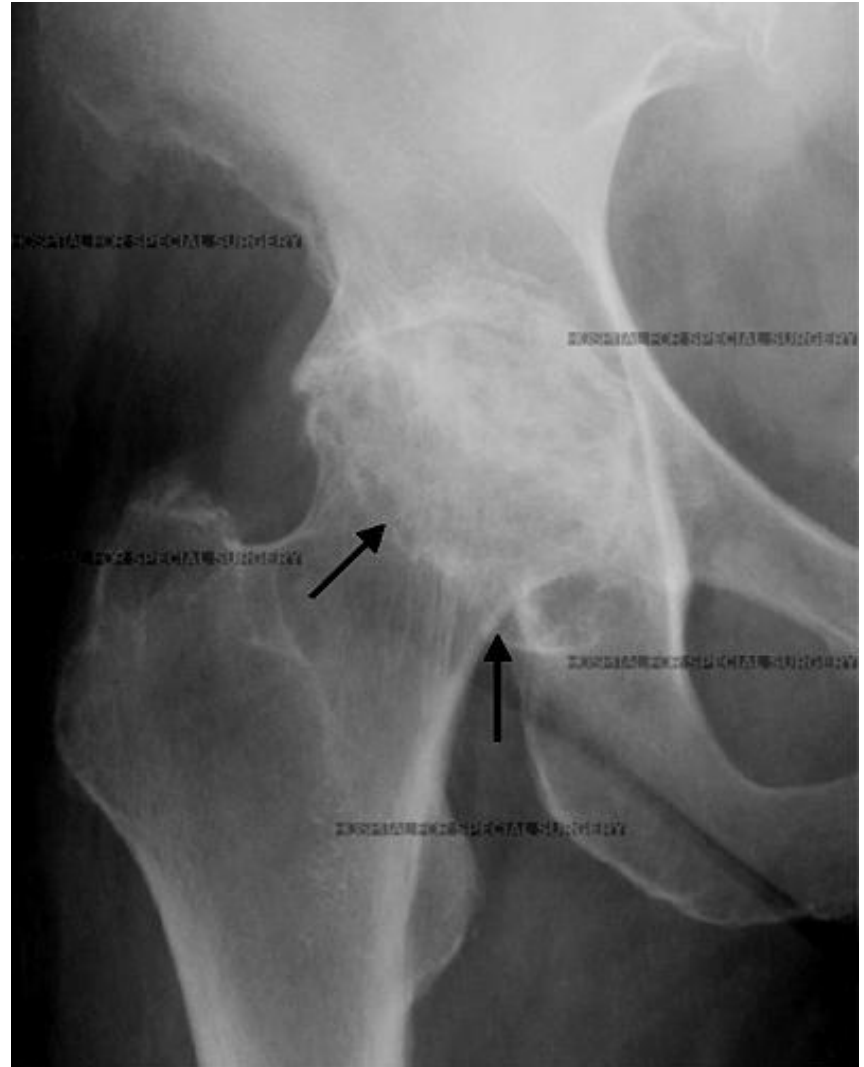


What do you feel if you have OA?

- Joint pain
- Joint stiffness
- Joint swelling
- Pain may radiate to other areas as well
- You may here a grating sound at the joint when you move
- Your joints may look larger to you

OA in the hips

- Pain usually felt at groin or inner thigh
- Outer portion of the hip may also be affected (but need to consider bursitis)
- May get referred pain at the knee or side of thigh
- May cause a limp

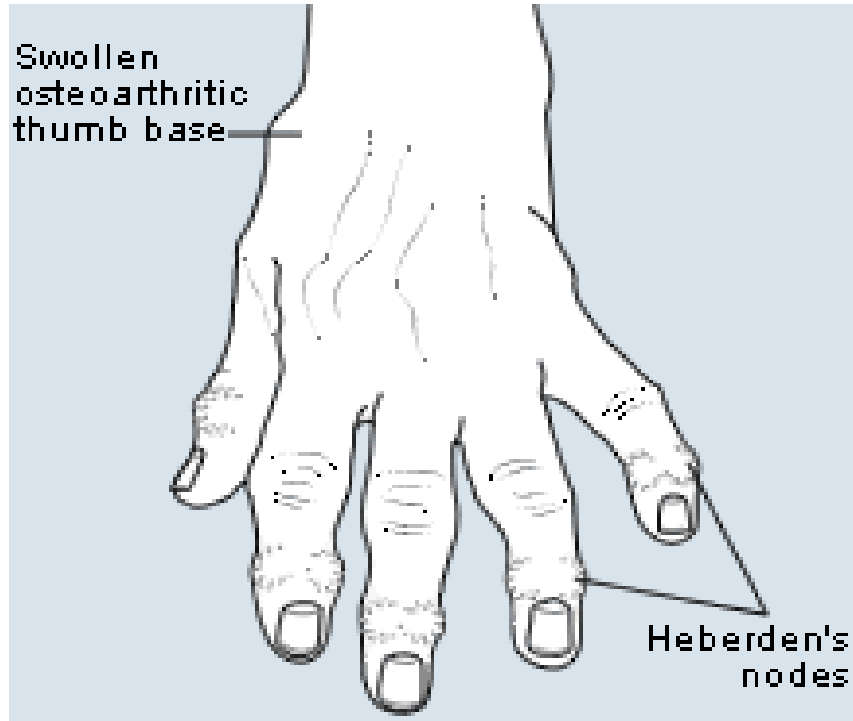


OA of the knees

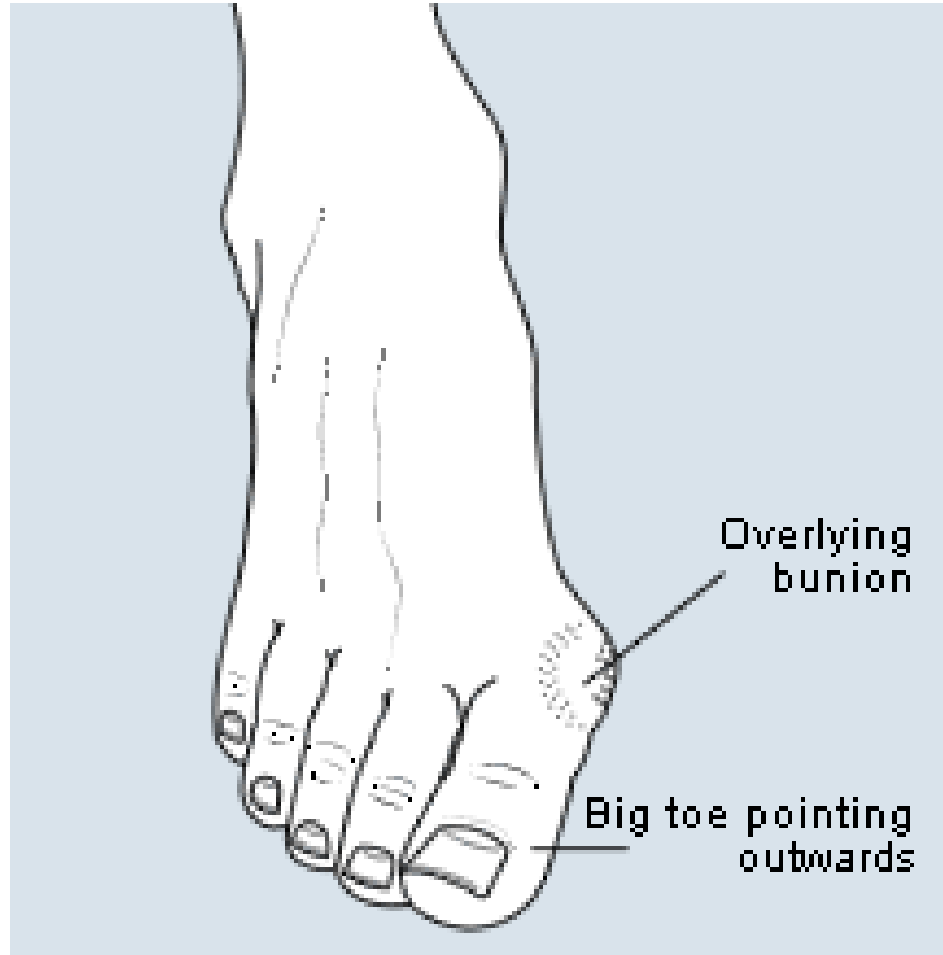
- Pain/tenderness at knee and when you move the knee
- Grating/catching when move knee
- Swelling/enlargement of knee



OA of the hands

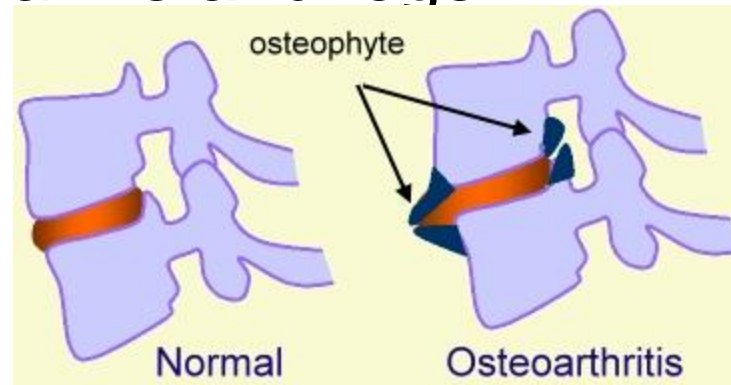


OA of the feet



OA of the spine

- Can get stiffness and pain in the neck and lower back
- Bone enlargement may press on nerves
 - This pain can spread down the arms and legs
 - May be associated with numbness and weakness in the arms and legs



Other types of arthritis

- Rheumatoid arthritis
- Psoriatic arthritis
- Ankylosing Spondylitis
- Other diseases can also cause arthritis symptoms

OA vs Rheumatoid Arthritis



- Rheumatoid Arthritis:
 - Usually affects younger adults (20 to 40 years old)
 - Much less common
 - Usually affects many joints- including wrists, elbows, and shoulders
 - Causes redness, swelling and warmth of joints
 - Many hours of morning stiffness
 - Usually associated with abnormal blood tests

- Osteoporosis
 - “Brittle”/ weak bones
 - Bones can fracture easily
 - Is not an “arthritis”
 - It is a painless disease (unless there is a fracture)

- Bursitis
- Tendonitis



How is OA diagnosed?

- Medical history and exam by doctor
- X-rays can help confirm the diagnosis
- Laboratory test may be performed to exclude other diagnoses
- If the joint is swollen, fluid from the joint can be examined as well



Can you prevent OA?

- Age!!
- Female sex
- Obesity (overweight)
- Genetics
- Activity/Occupation
- Joint injury
- Muscle weakness
- Nerve damage

How is OA treated?

- Treatment program- individually designed
- Goals:
 - Improve pain
 - Decrease stiffness
 - Improve movement and ability to do daily activities

Weight control

- Staying at recommended weight or losing weight
- May need to meet with a nutritionist
- Combination of diet and exercise work best

Physical therapy

- Both aerobic exercise and muscle strengthening improve pain and function in OA



Medications

- Tylenol (acetaminophen)
 - Good first medication because safe
 - Need to try adequate doses
- Anti-inflammatory medications/NSAIDS
 - Can lead to stomach ulcers and kidney problems
 - Take with food
- Other non-narcotic and narcotic analgesics

Injections



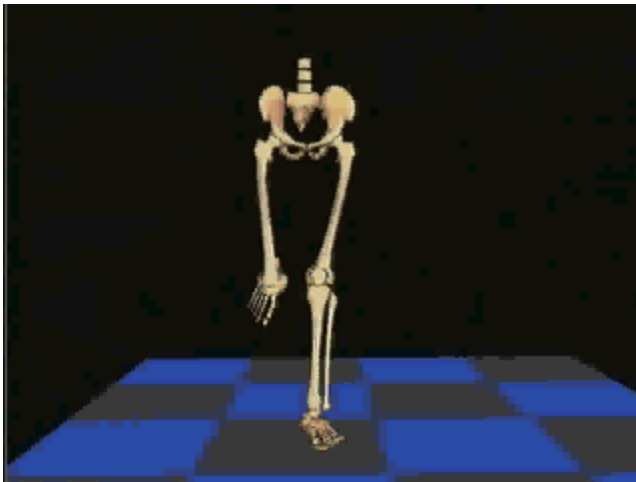
- **Glucocorticoid (cortisone) injections**
 - Can only get 3 to 4 in one year
 - Fast pain relief but may not last more than a couple months
- **Hyaluronic acid injections**
 - Series of 3 to 5 injections given weekly
 - Not as fast acting but pain relief may last longer (if works in the first place)

Nutritional supplements

- Glucosamine and chondroitin sulfate
 - Natural substances found around the cells of cartilage
 - So far- unsure based on clinical studies how much benefit they provide

Ongoing studies

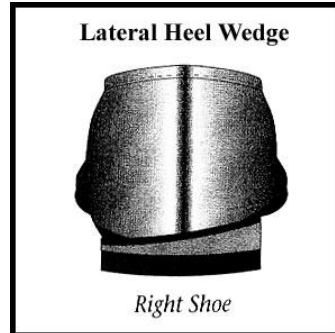
- Looking at how to decrease loads on joints



Ongoing studies



Orthotics



Hip strengthening

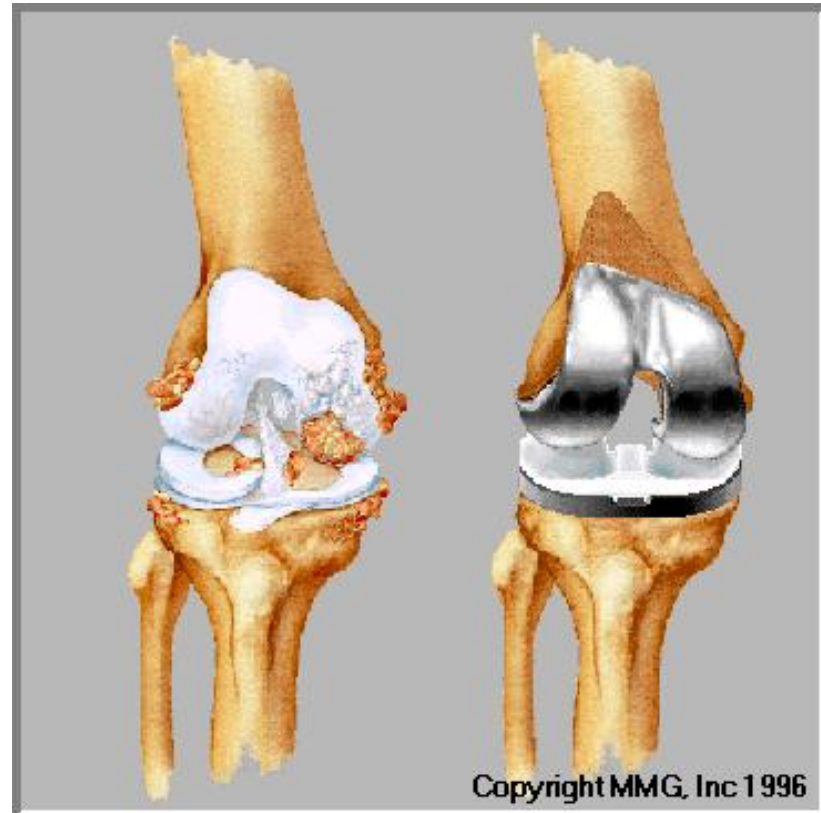


Knee brace



Shoes

- Arthroscopy
 - Can see the extent of cartilage damage
 - Maybe able to remove parts of damaged cartilage (in early stages)
- Total joint replacement
 - If major joint damage and persistent pain despite other interventions



Your part....

- OA is a chronic illness and will not “go away”
- Take time to realize your limitations
 - There may be some things you can no longer do
 - Discover new activities that you can do
- Talk about your feelings
- Think positively

Call us

For a Rheumatologist:

University Rheumatology
312-563-2800

To find out about our studies:

Center for Clinical Studies
312-942-8799