

Osteo and Rheumatoid arthritis

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Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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What are these arthritis types?

Osteoarthritis:

- The most common joint disease
- Areas most commonly affected
 - Hands
 - Feet
 - Knees
 - Hips
 - Spine
- Usually caused by injury to the cartilage resulting in long term damage
- Exercise and weight loss can help take pressure off of joints
- There is no cure for osteoarthritis
- Focus of treatment is on pain relief

Rheumatoid Arthritis:

- The most common inflammatory disease
- Joints commonly affected symmetrically
- Chronic, but can halt progression suddenly
- Commonly involves:
 - Hands
 - Wrists
 - Feet
 - Ankles

Symptoms

- Usually affects the elderly
 - Age < 45 more common in men
 - Age > 45 more common in women
 - Pain on motion
 - Stiffness in affected joints which limits joint motion
 - “Gelling Phenomenon:” resolves with motion, recurs with rest
 - Lasts about < 30 mins.
 - Often related to weather
 - Instability of weight-bearing joints
-

Other options for treatment:

If you cannot tolerate Tylenol, and taking aspirin or other NSAIDS is not for you, consider a topical product. These are also preferred in people over the age of 75.

- Diclofenac gel and solution
- Capsaicin creams

Common side effects with these are local skin irritation, but they help avoid stomach upsets and bleeding that are possible when taking agents orally

Other signs

- Bony proliferation
- Local tenderness
- Deformity
- “Cracking”, “popping” or other such sounds from a joint
- Early OA:
 - Radiographic changes usually absent
- Progressive OA:
 - Joint space narrowing
- Late OA:
 - Abnormal alignment of joints
- Hands:
 - Bony enlargements
 - Osteophytes give hands a square appearance
- Knees:
 - “Bow-legged” appearance
 - Pain when climbing stairs
- Hips:
 - Groin pain during exercise
 - Stiffness after activity
- Spine:
 - Most common at L3 and L4
 - Loss of reflexes
- Feet:
 - Usually involves the joint in the 1st toe joint

Treatment options

Over the counter:

- Acetaminophen (Tylenol)
 - Do not take if you...
 - Have an allergy to acetaminophen
 - Have liver damage
 - Abuse alcohol
- NSAID’s: Ibuprofen, Naproxen (Advil, Aleve)
 - Do not take if you...
 - Have an aspirin allergy
 - Have kidney damage
 - Have a history of GI bleeds
 - Are taking blood thinners
 - Have severe heart problems
 - Are pregnant
 - Are elderly
- Other treatment options are available by prescription from your doctor
- Speak to your doctor before beginning to take any of these medications regularly.

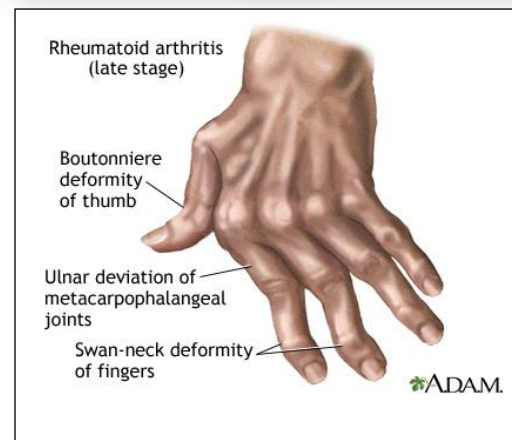
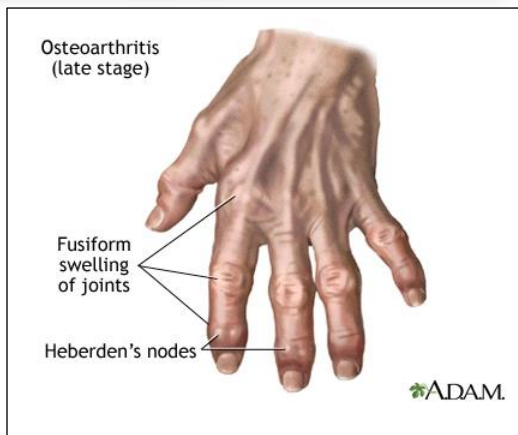
Quick comparison

OSTEOARTHRITIS

- Begins later in life
- Slow onset, over years
- Joints ache and might be tender but little or no swelling
- Symptoms usually begin on one side of the body and might spread to the other side
- Morning stiffness that lasts less than 1 hour, but might return at the end of the day or after activity

RHEUMATOID ARTHRITIS

- It might begin at any time in life.
- Rapid onset, over weeks to months
- Joints are painful, swollen, and stiff
- Often affects small and large joints on both sides of the body.
- Morning stiffness lasts > 1 hour.
- Frequent fatigue and a general ill feeling are present



References

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