

Osteoarthritis Causes and Symptoms

Osteoarthritis defines the failure of the synovial lined, movable joint. The basic factor in Osteoarthritis is the destruction of the articular cartilage that lines the dealing with facet of the bone that forms a joint.

Osteoarthritis is the Most Common Form of the Potentially Devastating Rheumatoid Illness

The disease finds it's most victims in adults age twenty-five or older. In 2006, nearly twenty-one million Us citizens were living with this form of osteoarthritis. Also known as degenerative joint disease, osteoarthritis assaults the bone's cartilage.



Osteoarthritis is diagnosed to be hereditary, as well as associated with aging, wherein the continual wear and tear has thinned the cartilage material. This type of osteoarthritis is termed primary. Some researchers attributed the disease to be brought on by contamination, injuries, hormonal imbalance, obesity, allergies, and even pregnancy. This condition is termed secondary osteoarthritis.

Causes of Osteoarthritis Consist of Abnormal Bone Place

In the foot, the most common cause is defective foot mechanics. If the foot is not in alignment and not functioning properly, this causes abnormal tension on joints in the foot, ankle, leg, hip and back. Injury is a well known cause of arthritis.

Knee osteoarthritis also increases its incidence with women after their menopause, suggesting a great link with the disease and estrogen deficiency. A lot more recent studies factor in changes in bone fragments density that give combination with hormonal changes that take place in postmenopausal women.

The Symptoms of Osteoarthritis Vary, as Do Treatment Options

Osteoarthritis pain relief is the goal of most treatment plans, although preventing further deterioration of the cartilage protecting the joints is also a primary concern. Here we have an overview of the symptoms of osteoarthritis, as well as dietary options for osteoarthritis pain relief.

“



Rheumatoid Arthritis Medicine Chronic inflammatory disease that causes joint swelling, pain and stiffness is called rheumatoid arthritis also known as RA. Do not confuse RA with another form of arthritis known as osteoarthritis. RA is caused by an autoimmune disorder where as...

However, omega 3 fatty acids are well known to benefit both brain and cardiovascular health. So to think you can take something that will improve your overall health whilst perhaps alleviating your osteoarthritis pain, it makes a lot of sense.

Omega-3 Fatty Acids are Excellent Normal Anti-Inflammatory

They play a vital role in our overall health including human brain and cardiovascular health, skin health, and digestive system and much more. Their supplements in what we eat in the form of fish oil supplements can help a lot in controlling inflammation as well as providing relief from osteoarthritis pain.

- Symptoms of osteoarthritis contain deep pain in the joints especially after heavy exercise or excessive movement.
- However, the pain can subside after ample rest.
- If you suffer from osteoarthritis, you may also experience stiffness in the joints during the early morning and after doing large exercise.

Traditional methods of choosing osteoarthritis pain relief may not work for all arthritis sufferers. One may have to changes their life styles, such as warming up before performing certain activities, resting frequently during the activities, or avoiding certain actions totally may be necessary.

Degenerative Osteoarthritis is the Most Common Cause of Disability in the United States

The American Arthritis foundation reports that 21 million Americans suffer from degenerative osteoarthritis. Higher figures compiled by the CDC include rheumatoid arthritis, lupus, gout, fibromyalgia and other joint disorders.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.