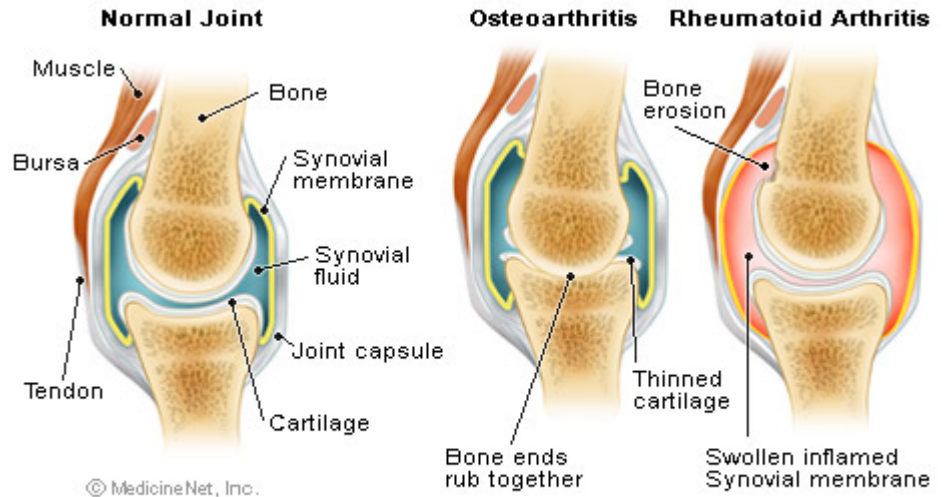


Osteoarthritis

Other names: Degenerative Arthritis, Degenerative Joint Disease (DJD), OA

Osteoarthritis (OA) is a type of arthritis that is caused by the breakdown and eventual loss of the cartilage of one or more joints. There are over 100 different types of arthritis conditions and osteoarthritis is the most common, affecting over 20 million people in the United States.

Osteoarthritis commonly affects the hands, feet, spine, hips and knees. Most cases of osteoarthritis have no known cause and are referred to as primary osteoarthritis. When the cause is known, the condition is referred to as secondary osteoarthritis.



Normal and Arthritic Joints

What causes osteoarthritis?

Primary OA is mostly related to aging. With aging, the water content of the cartilage increased and the protein makeup degenerates. Repetitive use of the joints over the years irritates and inflames the cartilage, causing pain and swelling. In advanced cases, there is a total loss of the cartilage cushion. The loss of cartilage cushion causes friction between the bone, leading to pain and limitation of mobility. Inflammation of the cartilage can also stimulate new bone outgrowths (spurs) to form around the joints.

Secondary osteoarthritis is caused by another disease or condition. Conditions that can lead to secondary OA include obesity, repeated trauma or surgery of a joint, abnormal joints at birth, gout, diabetes and other hormone disorders.

What are the symptoms of osteoarthritis?

Osteoarthritis is a disease of the joints and does not affect other organs of the body. The most common symptom is pain in the affected joint(s) after repetitive use. Joint pain is usually worse late in the day. There can be swelling, warmth and creaking of the affected joints. Pain and stiffness can also occur after long periods of inactivity. In severe cases where there is complete loss of the cartilage, there may be pain even at rest.

Symptoms of OA vary greatly from one person to the next. Some people can be debilitated by their symptoms and others may have few symptoms. Symptoms can also be intermittent.

Osteoarthritis of the knees is often associated with obesity or a history of repeated injury and/or joint surgery. People with OA of the weight bearing joints can develop a limp. The limping can worsen as the cartilage deteriorates.

Osteoarthritis of the spine causes pain in the neck and low back. Bony spurs that form along the arthritic spine can irritate spinal nerves causing severe pain, numbness and tingling of the affected parts of the body.

Osteoarthritis causes the formation of hard bony enlargements of the small joints of the fingers. The bony deformity (node) is a result of the bone spurs from the OA in the joint. These nodes may or may not be painful but most often affects the motion of the joint.

How is osteoarthritis treated?

- ✓ The goal of treatment in osteoarthritis is to reduce joint pain and inflammation while improving and maintaining joint function. Many people benefit from conservative measures such as rest, exercise, weight reduction, physical therapy and mechanical support devices. Medical doctors may prescribe medications that are used to complement the physical measures described above. Medications may be used topically, taken orally, or injected into the joints to decrease the inflammation and pain. When these measures fail to control pain and improve joint function, surgery can be considered. More often, the medications prescribed

for the pain and inflammation have more negative side effects than positive and only mask the symptoms. While drugs do help to relieve symptoms of OA, they have numerous adverse side effects, from relatively minor gastric upset, dizziness, and headaches, to severe gastric bleeding and interference with platelet function. In addition, virtually all drugs used to treat OA have destructive effects on the articular cartilage lining the bones that form the joint that the drug is supposed to help. **Simply put, most drugs appear to suppress the symptoms, but accelerate the progression, of OA.**

Self care for osteoarthritis can be approached in a number of ways. Here are some simple steps you can try:

- ✓ **Exercise** is helpful in several ways and usually does not aggravate osteoarthritis when performed at levels that do not cause joint pain. First it strengthens the muscular support around the joint and prevents the joints from “freezing up” and helps improve and maintain joint mobility. It also helps with weight reduction and promotes endurance.
- ✓ **Medications** including over the counter and prescription nonsteroidal anti-inflammatory drugs (NSAIDs) are used to reduce pain and inflammation in the joints. **Topical creams** applied to the skin over the joint can provide temporary relief of minor arthritis pain.
- ✓ **Supplements** such as glucosamine and chondroitin have been shown to relieve symptoms of pain and stiffness and appear to address the cause of OA, not just mask the symptoms. Omega 3 fatty acids and has been found to reduce inflammation that is associated with arthritis. They work by reducing the number of inflammatory messenger molecules made by the body’s immune system.

Recommended Lyflo Select products:

- ✓ **Joint Complex** contains a combination of glucosamine and chondroitin, two of the best researched supplements for joint pain, both playing important roles in rebuilding joint cartilage. Glucosamine is an amino sugar necessary for the construction of connective tissue and healthy cartilage. Chondroitin is a natural component of cartilage that works in synergy with glucosamine to help lubricate joints and provides cartilage with strength and resilience. In a recent Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT), the combination of G&C was proven more effective in treating moderate to severe knee pain than Celebrex. And being liquid, your body can better utilize the nutrients in our Joint Complex. Liquids are better absorbed by the body and get into the bloodstream quicker making them more efficient than most pill or tablet forms.
- ✓ **Inflammation Defense** contains an assortment of nutrients chosen for their ability to help reduce inflammation. Inflammation Defense is a natural alternative to prescription and over-the-counter anti-inflammatory drugs that may have side effects. Its main ingredient is Celadrin® a stable naturally occurring fatty acid known to reduce inflammation. Taking Inflammation Defense to help extinguish inflammation in the body is a good, proactive health practice.
- ✓ **Omega Defense** – several studies conclude that omega-3 fatty acid supplements decrease inflammation and reduce the activity of enzymes that destroy cartilage. Omega-3 fatty acids have also been shown to reduce joint stiffness and pain.
- ✓ **Topical Pain Crème** contains Celadrin®, a stable naturally occurring fatty acid that helps reduce inflammation and pain in the body. Celadrin® has been clinically proven to rapidly promote joint health by improving both flexibility and mobility. It has been proven to be fast acting with rapid, deep absorption and penetration to the affected area.
- ✓ **Antioxidant Defense** – people with osteoarthritis who eat large amounts of foods rich in antioxidants have a much slower rate of joint deterioration, particularly in the knees, compared with people eating foods low in antioxidants. So if your diet isn’t giving you all the antioxidants you need, try Antioxidant Defense.
- ✓ **Multivitamin** – maintaining health and feeling good becomes increasingly more complicated with a chronic disease like osteoarthritis. A well balanced multivitamin is probably the single most important supplement you can take. Lyflo Select’s Multivitamin contains high potency vitamins and minerals to promote optimum health. And being liquid, the nutrients are better absorbed by the body than most pill or tablet forms.

References: Medicinenet.com, Vitasearch.com

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