

Osteoarthritis

TIPS FOR OLDER ADULTS

It's unfortunate but true that as most people get older, their likelihood of getting arthritis—a condition that causes pain and inflammation in the joints—increases. What's more, according to the Arthritis Foundation, "there is no sure way to prevent arthritis." The best anyone can do is to be aware of their risk factors and learn how to manage the effects of this disease.

WHAT IS ARTHRITIS?

Arthritis is not a single disease

+100 different conditions

The most common type, osteoarthritis, affects mainly



HANDS



LOWER BACK



NECK

and weight-bearing joints



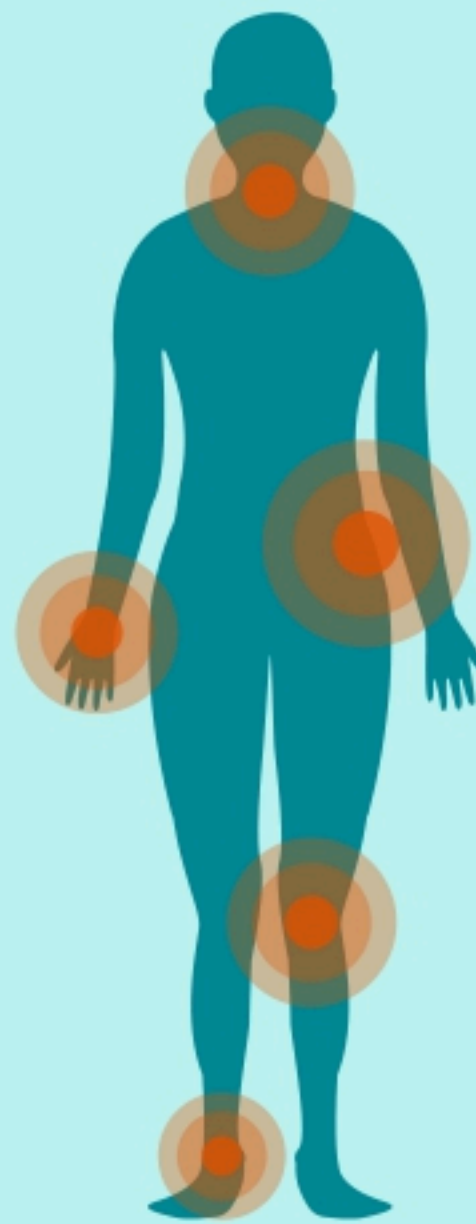
KNEES



HIPS



FEET



In osteoarthritis (OA), the cartilage that cushions the ends of bones wears away. This loss of cushioning between bones causes

**SORENESS,
STIFFNESS & PAIN**

RISK FACTORS

In 2019, approximately
528 million
people globally were living with
osteoarthritis



113% Increase since 1990
according to the World Health Organization

In the U.S., about
32.5 million adults
have osteoarthritis



About 73% of those with OA are

**over 55
years old**



60% are female

Genetics

plays a big role in who will get osteoarthritis. People who have family members with OA are more likely to develop it.

Other risk factors include:



JOINT INJURY OR OVERUSE

Knee bending and repetitive stress



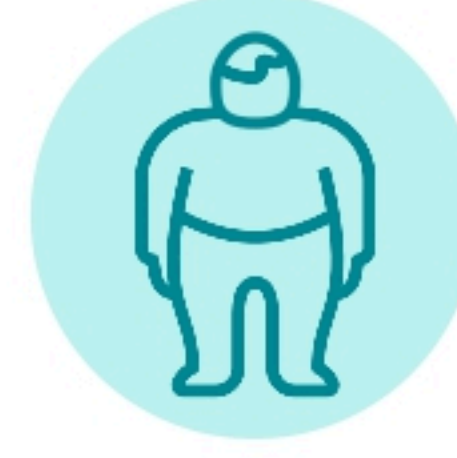
AGE

The risk increases with age.



GENDER

Women are more likely to develop OA than men.



OBESITY

Extra weight puts more stress on joints.

HOW SENIORS CAN MANAGE OSTEOARTHRITIS



1 STAY ACTIVE

Activities like walking, swimming or gentle yoga can help.



2 EAT A HEALTHY DIET

A balanced diet rich in antioxidants, omega-3 fatty acids, and vitamins can reduce inflammation and support joint health.



3 MIND YOUR JOINTS

Use your larger or stronger joints to carry loads. Ergonomic tools can also ease the strain on your joints during daily activities.



4 USE MEDICATION AND TREATMENTS

Over-the-counter pain relievers and anti-inflammatory medications can help.



5 STAY HYDRATED

Aim for at least eight glasses of water a day, more if you're active or it's hot.



6 GET ENOUGH SLEEP

A good night's sleep can help reduce arthritis pain and fatigue.



7 MANAGE STRESS

Chronic stress can exacerbate arthritis symptoms.



8 GET REGULAR CHECKUPS

Regular visits to your health care provider are crucial.

DON'T LET OA LIMIT YOUR LIFESTYLE



REMEMBER, THE KEY IS TO STAY PROACTIVE ABOUT YOUR HEALTH.

With the right approach, you can minimize the impact of arthritis and keep moving comfortably. **Contact a In Home Care Office Near You** to learn how Right at Home can help you manage OA at home.

647-286-8892
www.inhomecareservices.ca
6700 Mercy Rd, Ste 400, Omaha, NE 68106
Optional License Number or DELETE



Interested in receiving monthly tips, advice and information related to caring for an aging loved one? **Subscribe** to our Caring Right at Home e-newsletter today.