

FEDERAL ROAD SAFETY CORPS
NATIONAL HEADQUARTERS, ABUJA
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TOPIC: OSTEOARTHRITIS

- Introduction
- Epidemiology
- Risk Factors
- Symptoms
- Management
- Conclusion

INTRODUCTION

Simply put is the inflammation of the joint. It could affect the knee joint, hip joint, ankle joint etc. It is a disease of Synovial joints characterized by:

- i) Cartilage Loss
- ii) Peri-articular bone response

EPIDEMIOLOGY

It is the most common type of Arthritis and it occurs worldwide. It is commoner in older people and women after menopause are more likely to have it than men of the same age

RISK FACTORS

Factors predisposing people to Osteoarthritis are:

- 1) Obesity: This is because the joints bear the patient weight
- 2) Heredity: Osteoarthritis usually runs in family
- 3) Gender: Females are more predisposed than males
- 4) Trauma: A history of trauma or injury affecting a joint can predispose to Osteoarthritis
- 5) Occupation & Sports are also contributory

SYMPTOMS

- 1) Joint Pain
- 2) Joint Gelling / Stiffening
- 3) Loss of function
- 4) Muscle wasting around the joints

MANAGEMENT

Asides from carrying out some examination on the joint in question, the doctor will also ask for some test to be done. This include

- a. X-ray of the offended joint
- b. MRI of the affected joint
- c. Arthroscopy of the affected joint.

Treatment is usually curved at the symptoms the patient presents with. They include:

1) Physical measures

Where patients will be advised to lose weight and exercise more to reduce the work of weight bearing joints.

2) Medications

Appropriate Analgesics will be given to minimize pain

3) Surgery

This is usually the last resort

CONCLUSION

Osteoarthritis is a disease that affects the joints, the bones and eventually the muscle around the joint in question. Regular exercise and healthy habits (Eating wise / Weight loss) will go a long way in preventing / reducing its occurrence.