

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: Nov. 8, 2021

Content provided by: Alberta Health Services

Living with Osteoarthritis

Osteoarthritis is a condition that affects a person's joints. It's caused by cartilage breaking down. As the cartilage breaks down, it makes the bones rub against each other. It is painful and can cause everyday movements to hurt.

Osteoarthritis causes

No one is sure what causes osteoarthritis but it has been linked to aging, joint injuries, obesity and genetics.

Osteoarthritis symptoms

It usually affects the spine, hips, hands, knees and feet. It can cause:

- Pain
- Stiffness
- Muscle weakness
- Deformed joints
- Reduced range of motion and loss of use of the joint
- Cracking and creaking

Osteoarthritis treatments

Treatment is available. Speak with your family doctor to find out what is best for you. Treatments may include:

- Pain medicine
- Pain-relieving gels or creams
- Steroid shots
- Physiotherapy
- Walking aids
- Applying heat or ice to the joint
- Losing weight, if you're overweight
- Exercising to strengthen your muscles
- Surgery
- Acupuncture
- Natural health products

For more information about living with osteoarthritis, search "osteoarthritis" at myhealth.alberta.ca.