



## HAPPY ST PATRICK'S DAY



### OSTEOARTHRITIS Q & A

**Q:** What is the difference between Osteoarthritis, Degenerative Joint Disease and Degenerative Arthritis?

**A:** These are interchangeable names for the same disease.

**Q:** What is the cause of Osteoarthritis?

**A:** There is no single cause. Factors such as heredity, lifestyle, overweight, overuse injury and bone/joint disorders can all play a role in someone developing Osteoarthritis.

**Q:** What is happening in the joints that causes pain and discomfort?

**A:** In a joint affected by Osteoarthritis there is a breakdown in the cartilage, the slippery tissue covering the ends of the bone. This prevents the bones of the joint from sliding easily over each other. Spurs or protrusions can develop on the ends of the bone which can damage surrounding tissue, thus causing pain.

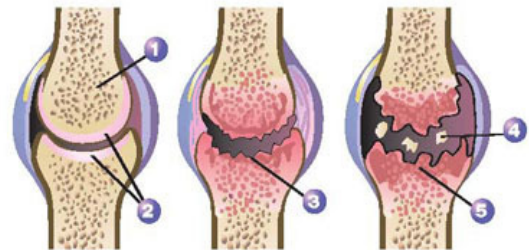
**Q:** What areas of the body are most commonly affected by Osteoarthritis?

**A:** The lower back, hips, knees and feet are most commonly affected by Osteoarthritis.

**Q:** I find movement to be painful at times, but my doctor encourages me to exercise. Is exercise really beneficial?

**A:** Exercise is extremely important for joint integrity but should be closely monitored. Begin by taking the joint through its full range of motion. Add walking, either in a warm pool or on land. After 3-4 weeks, add weight training. You will have to stay with your routine for approximately 6 weeks, 2-3 times per week, before feeling any benefits. For people whose best remedy is surgery, exercise is important for their prehabilitation.

### Evolution of Osteoarthritis



- 1. Bone
- 2. Cartilage
- 3. Thinning of cartilage
- 4. Cartilage remnants
- 5. Destruction of cartilage

### NONAGENARIAN ADDENDUM

I extend a sincere apology to the following Nonagenarian's whose names were not mentioned in the February Wellness Newsletter. Kudos to these five residents who are actively participating in Elim Park's Wellness Program. ~ *Kim Hall*

- Agnes Pedersen (94)      Anne Pettine (93)
- Oscar Roos (95)        Marjorie Ruck (90)
- Kit Sletten (91)

### Show Off Your College Apparel

To celebrate March madness as well as your alma mater, wear your favorite college apparel to class on Monday and Tuesday, March 22<sup>nd</sup> & 23<sup>rd</sup>. Shirts, hats, sweatshirts, pins, etc. Let's see how many colleges are represented!

