

German League against Rheumatism: We are there for you

Osteoarthritis is a rheumatic illness.
We know a lot about it.
We would gladly like to advise
and help you.

We can for example help you
to learn special gymnastic exercises.
You will meet
many other people
with rheumatism,
with whom you can share
mutual experiences.

To learn more
give us a call: **01804 60 00 00***
Or visit our website:
www.rheuma-liga.de

What helps with Osteoarthritis?

To ensure that joint cartilage
does not continue to break down,
it is important
that you stay active.
Too much pressure and strain
should not be placed on your joints.
Depending on the joint that hurts,
different sports are good.
With knee and hip osteoarthritis,
for example swimming or
bicycling is good.

In addition, there are other ways
to ease the pain
and to keep joints moving.
These include hot packs.
Or special exercises
to strengthen muscles.

Although Osteoarthritis is not curable,
there are medications for the pain.
They are called Non-steroidal
Anti-inflammatory Drugs (NSAIDs).

NSAIDs are very effective
against Osteoarthritis.
But they can upset the stomach.
Talk to your Doctor
before you take NSAIDs.
Maybe you need another medication
to protect your stomach.
Particularly,
if you have already had an ulcer.

NSAIDS and other pain medications
should not be taken all the time.
If you do not have arthritic
pain for a while you should
stop taking your pain medications.

SHORT & TO THE POINT Osteoarthritis



The most important information
about your illness,
summarized for easy understanding.



**Your Doctor told you
that you have Osteoarthritis.**

**Here is some information for you
to better understand this illness.**

Osteoarthritis – What is it?

Osteoarthritis is an illness of the joints.
Each joint is covered with cartilage.
When the cartilage is damaged,
this is called Osteoarthritis.

Osteoarthritis is most often found
in knee and hip joints.
And it is often found in fingers.

Where does the pain come from?

The joint cartilage
must always be lubricated.
This provides the joint with nutrients
so that it can move easily.
The lubricant is called joint fluid.
It is created in the joint.

The more you move,
the better the joint is lubricated.
If it is not well lubricated,
or is strained too much,
it can develop cracks and break down.
Sadly, cartilage that is destroyed
cannot grow back.

The joint with the damaged cartilage
starts to hurt at some point.
At first it is not a constant pain
but more of a stabbing or dull pain.
The joints only hurt every once in a while,
if they are under a lot of strain.
For example in the morning
when you get up out of bed.
Or when you go down stairs.
Later your joints always hurt
when you use them.

And one day the pain is always there.
Even, if you are not using
the joints.

The older you are,
the more likely it is
that you will get Osteoarthritis.
Because the cartilage wears down.

But younger people
can also get Osteoarthritis.
A possible cause is,
for example, being overweight.
Because this puts a lot of strain
on the hips and knees.

A lack of movement
can also result in Osteoarthritis.
But extreme sports
can also hurt cartilage.
Because this often puts
one-sided strain on individual joints.