

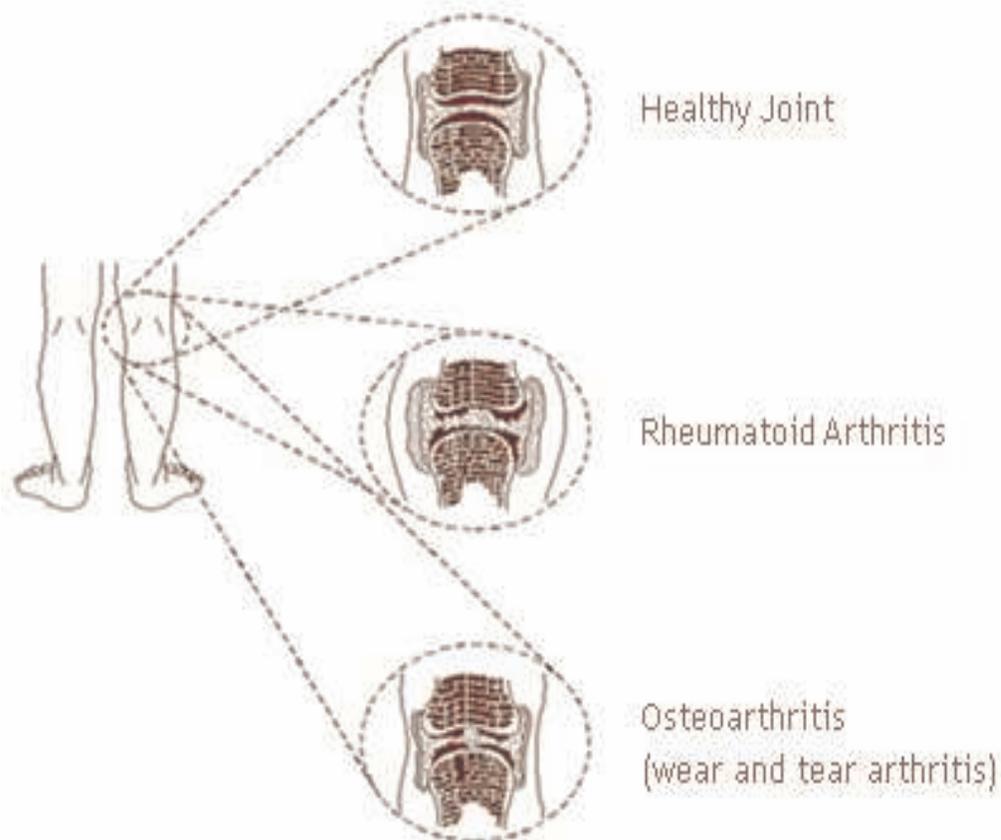
## Joint Diseases

Joints may be damaged by injury, infection, or degeneration of bone, cartilage, and ligaments cause by aging or disease. Joint disorders are a major cause of disability and immobility.

Every year, millions of patients visit their Doctors for bone and joint related health concerns. In India alone, the estimated incidence of two of the most common joint disorders, viz., Osteoarthritis and Rheumatoid arthritis is approximately 70 million and 10 million respectively.

The incidence of joint-related problems is only likely to increase as the aging population in the country increases. Globally, almost 25% of adults are affected by joint discomfort, which in many cases is serious enough to limit their day-to-day activities also. Thus it affects the person's physical capacity to engage in daily activities and in activities that they enjoy. In due course, this often has a significant effect on the psychosocial status of the individual and impacts even their families and career.

Indeed, only if our bones are strong and our joints are flexible, can we enjoy our life and fully appreciate life. Thus maintaining bone and joint health is vital for one and all.



## Osteoarthritis

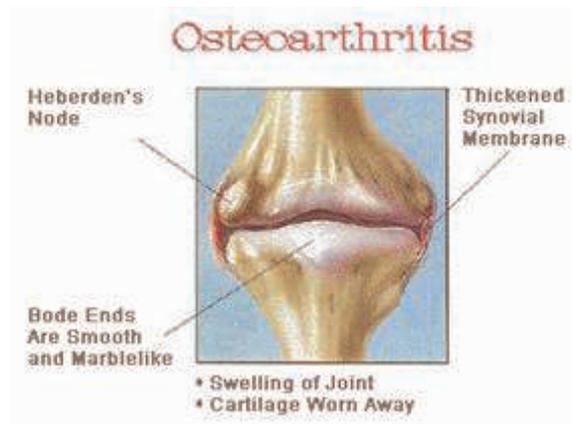
It is also known as degenerative joint disease, the most prevalent form of arthritis. It was earlier thought to involve the “weight bearing joints”. However, now it is regarded as an active process, in which specific biochemical changes occur in joint fluid, cartilage and subchondral bone.

It is primarily a disease of cartilage, and is quite common after the age of 40 years.

The exact pathogenesis is not known, but it may be due to:

- Mechanical stress leading to micro fractures in cartilage
- Increased stress on tissue/overuse.

Once initiated, the cartilage breaks down, and the friction in between the bones increases. The joint loses its alignments. The bone end starts to thicken, and form spurs or “osteophytes”. These bone-spurs result in hard, bony enlargements - a clinical characteristic of osteoarthritis.



### Main symptoms:

- Pain/aching in joints (generally large joints e.g. Knees)
- Pain at rest/at night
- Joint stiffness especially in the morning
- Reduced movement
- Feeling of instability/Buckling of knee is involved.

### Management of osteoarthritis is aimed at:

- Relief of pain
- Maintenance of joint function

### Therapy:

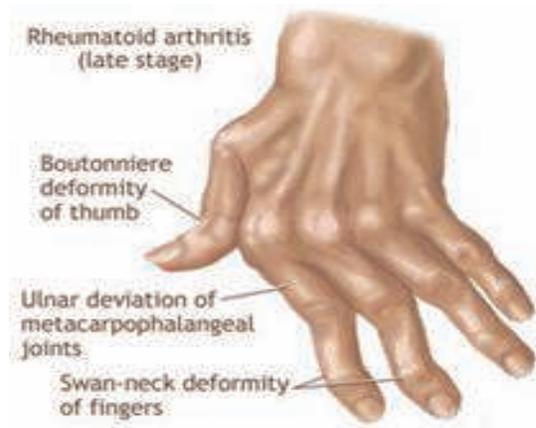
- Weight reduction
- Exercise and drugs

Click on below link to learn more about benefits of Rosiflex in Osteoarthritis:

<http://www.rosiflex.com/patient-information/in-osteoarthritis.php>

## Rheumatoid arthritis

it is a systemic auto-immune disorder, characterized by inflammation of synovial lining. The inflamed joint lining further damages the bone and cartilage involved. The space between the joint diminishes and causes pain & friction during movement.



The joints usually involved are the small joints of wrist and hands, or ankle and toes in 90% of the cases. Extra-articular complications such as anemia, vasculitis, Peripheral neuropathy may also develop later.

### Main symptoms:

- Diffused/Prolonged morning stiffness
- Pain on movement
- Warmth
- Tenderness and soft swelling of multiple joints

### Therapy:

- Exercise and drug therapy

Click on below link to learn more about benefits of Rosiflex in Rheumatoid arthritis:

<http://www.rosiflex.com/patient-information/in-rheumatoid-arthritis.php>

## Joint Replacement Surgeries

Joints that have been severely damaged by arthritis or by an injury may be replaced surgically with artificial joints made of metal, ceramic or plastic. Most joints in the body can be replaced, but the common ones are the hip, knees and shoulders.

During the operation, the ends of damaged bones are removed and the artificial components are fixed in place. The operation usually relieves pain and increases the range of motion in the affected joint.