

► Supplements

Vitamin D – Recent studies have shown that low intake and low serum levels of vitamin D each appear to be associated with an increased risk for progression of osteoarthritis of the knee.

Fish Oil – Recent studies on fish oil for weight loss, fat burning and depression show that people who get the most fish oil with DHA burn more fat, have less obesity, weigh less and have less depression while dieting than those who get the least amount of fish oil.

Chondroprotective agents such as glucosamine and chondroitin sulfate may provide another effective treatment. Together they comprise a more effective supplement than either taken alone. Both products have been proven in clinical trials to be safe. These supplements are recommended for people whose cartilage is in the early stages of breakdown. They may also be used after surgery to enhance the healing response. Cartilage protective agents are not as effective when cartilage damage is severe and widespread.

► Medication options

Medications such as Tylenol, or anti-inflammatory agents such as naproxen (Aleve) and ibuprofen (Advil) can also reduce symptoms.

► TOSH *Living My Best* Education Classes

All education classes are free to the public and held in the TOSH auditorium located on the TOSH campus at 5848 S. Fashion Blvd. (300 E.) in Murray.

Back School

Please call to register for next class

Life Management

Please call to register for next class

Healthy Living with Arthritis

Please call to register for next class

Healthy Nutrition with Arthritis

Please call to register for next class

Pre-surgery Class

2nd Tuesday of every month at 8:30 a.m.

4th Tuesday of every month at 5 p.m.

Arthritis Pool Class

Tuesdays & Thursdays from 10 to 11 a.m.

Cost: \$25 for 8 classes

Arthritis *Plus* Pool Class

Tuesdays & Thursdays from 9 to 10 a.m.

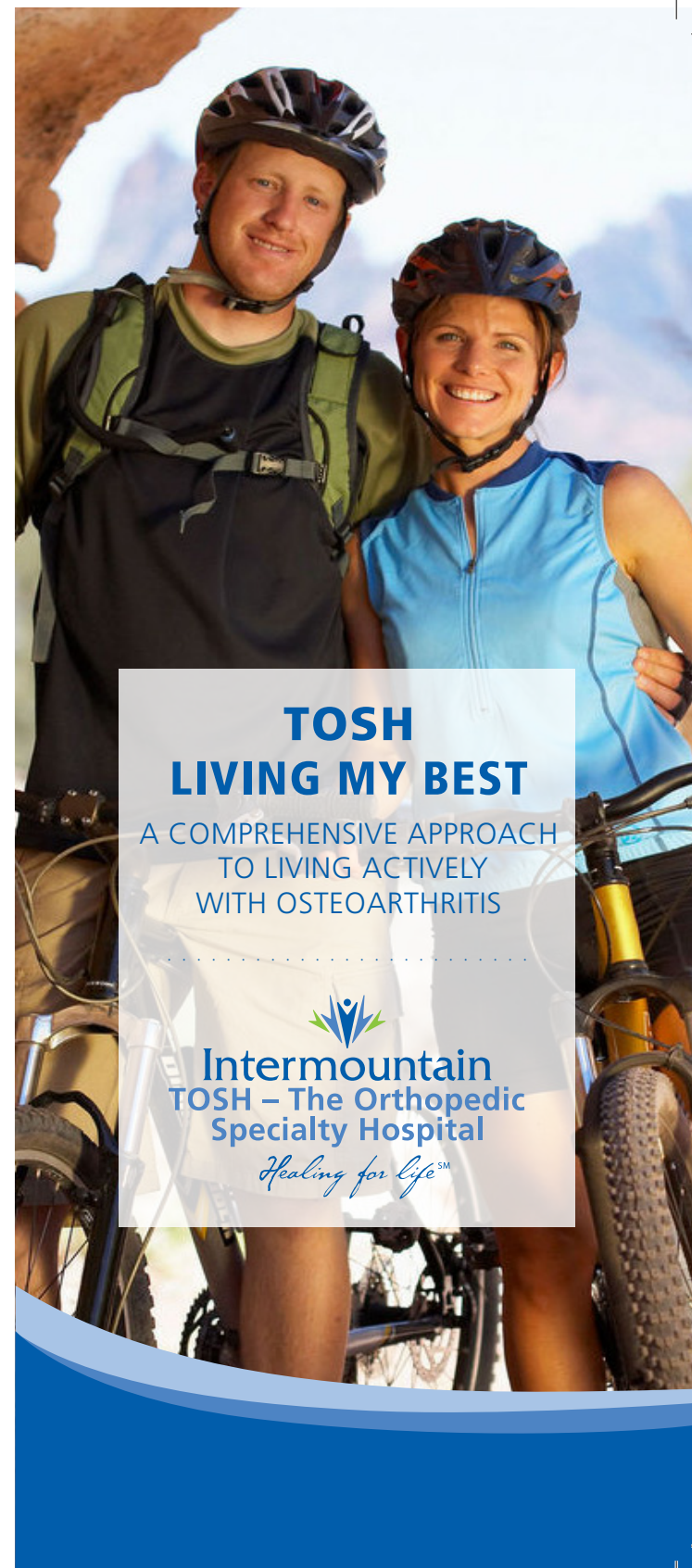
Cost: \$25 for 8 classes

For more information or to register for classes, call 801-314-2992 or e-mail dale.aguirre@imail.org



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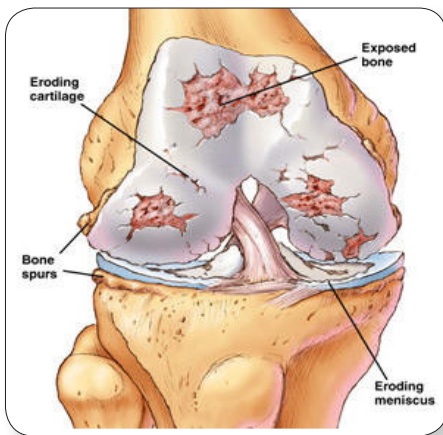


► What is the TOSH *Living My Best* arthritis program?

Our TOSH *Living My Best* is a multi-dimensional approach to the treatment of osteoarthritis. From physical therapy, nutrition and stress management to education and surgical options, our trained experts help manage and improve your osteoarthritis symptoms to help you achieve the freedom and pain free movement you want.

► What is osteoarthritis?

Osteoarthritis, commonly referred to as OA, is a condition that occurs when the cartilage or “cap” on the ends of the bones that protects and cushions joints breaks down. This breakdown of the protective cartilage covering leads to damage of the underlying tissues and bones and results in a painful and swollen joint, causing varying degrees of functional limitation and reduced quality of life. It's by far the most common form of arthritis and one of the leading causes of pain and disability worldwide.



► What causes osteoarthritis?

Cartilage is constantly replacing itself as new cells replace old cells. Osteoarthritis results when cartilage breakdown occurs faster than cartilage repair. The older we get the more challenging this problem becomes. In some people, injury to a joint and or a family history of osteoarthritis play a major role in the progress of osteoarthritis.

Importantly, many environmental and lifestyle risk factors are reversible, like obesity and muscle weakness. Others can be avoided completely, like occupational or recreational joint trauma.

Other components that may contribute to osteoarthritis:

- **Excessive weight:** One pound of body weight calculates to three pounds of stress at the knee joint. Studies show that weight loss can decrease symptoms of knee osteoarthritis.
- **Joint trauma:** A single major injury or several minor joint injuries may result in cartilage changes over time.
- **Muscle weakness:** Increases the stresses the joint incurs and can result in cartilage break down over time
- **Joint malalignment:** Daily activity in a joint that is not aligned normally or is more loose than normal can lead to wear and tear and increase the load on cartilage.

► How is osteoarthritis treated?

Osteoarthritis is generally treated with medications, exercise, activity modification, nutrition, weight loss and supportive devices. Surgery may be helpful when other treatment options are no longer effective.

► Why is exercise important?

Exercise is a core treatment for people with osteoarthritis regardless of age, pain, severity, and disability. Exercise will help prevent stiffness, weakness and help you maintain a healthy weight. Without exercise you will lose muscle strength and range of motion to the affected joint. Appropriate exercise will not “wear out” a damaged joint faster but will actually help decrease stresses across the joint as the muscles surrounding the joint become stronger.

► Nutrition

Thousands of Americans suffer daily from osteoarthritis, and while there are a multitude of drugs available, both over the counter and prescription, simple diet and lifestyle changes can have a huge affect on all arthritic conditions. The affects of nutritional changes can be slight to extreme particularly if there is a build-up of acids and calcium deposits around the joints.



The TOSH Living My Best program will help you see improvements in your strength, physical ability and confidence.