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# PATIENT EDUCATION OSTEOARTHRITIS

My responsibilities were:

- Worked with agency to develop concept
- Researched obesity-related osteoarthritis
- Wrote copy at 8<sup>th</sup> grade level
- Specified graphical concept



**RELATIONSHIP OF OBESITY TO OSTEOARTHRITIS**

"Are you limping? I never noticed that before."  
 "Was that your knees making all that creaking noise?"  
 "Doctor, I can't work my joints out in the morning the way I used to."  
 "I had to give up heels long ago; the pain is just too unbearable."  
 "I'm just not going, that's all [no way am I using a cane in public]"  
 "The doctor said I have lost 1 ½ inches since my last visit."

### Introduction

Evidence of osteoarthritis (OA) in humans is at least as old as the Egyptian mummies. Histological evidence indicates that even prehistoric fossils show signs of OA. Writers from every historic period throughout man's existence have documented the medical signs and symptoms of OA (Mankin, 1986). We all know someone who complains of joint pain in the morning. We may even have parents who suffer from arthritis. Occasionally we see an overweight individual favoring one side while they walk. The culprit may be osteoarthritis (OA) aggravated by being overweight. Understanding osteoarthritis relationship to obesity, is the focus of this primer.

### What is Osteoarthritis?

results in the destruction of bone together.



the bone and joint. Osteoarthritis affects cartilage and bone. It is a disease that has common signs, symptoms, and disease markers. It is a chronic disease marker or disease; and there is geographic, and clinical signs who have marked articular pain and stiffness.

Primary OA is idiopathic—may be localized to the joint and may affect many joints throughout the body. Factors such as trauma, genetics, or to other related factors;

and concurrently. OA is a systemic disease that affects the joints to rub