

NO FEEBLE KNEE: ARTHRITIS

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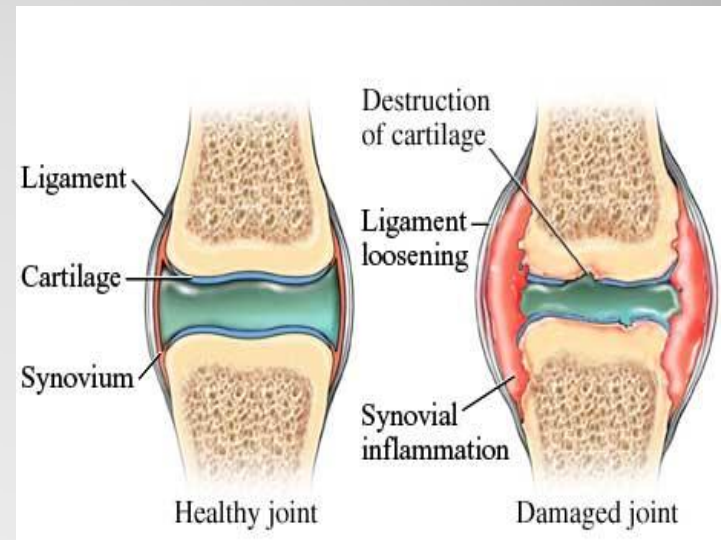
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OUTLINE

- An affectation of the joint(s) in the body.
- **Arthritis** is a term often used to mean any disorder that affects joints.
- It can affect any joint in the body and not limited to the knee.
- It can be a sign or manifestation of other systemic diseases ongoing.

Introduction

- Inflammation (complex reactions of vascularized tissue to injury) of a joint.
- When joints are inflamed they can develop stiffness, warmth, swelling, redness and pain



Definition

- The causes of arthritis depends on the form of arthritis. Some of the causes include
 - Injuries/ Trauma
 - Abnormal metabolism
 - Infection
 - Over reactive immune system
 - Most are unknown

Causes

With many forms of arthritis, the cause is unknown. But some things can raise the chance of getting it.

- **Age.** As you get older, your joints tend to get worn down.
- **Gender.** Most types of arthritis are more common among women, except for gout.
- **Genes.** Conditions like rheumatoid arthritis, lupus, and ankylosing spondylitis are linked to certain genes.
- **Overweight and Obese.** Carrying extra pounds makes arthritis in the knee start sooner and get worse faster.

Risk Factors

- **Injuries.** They can cause joint damage that can bring on some types of the condition.
- **Infection.** Bacteria, viruses, or fungi can infect joints and trigger inflammation
- **Occupation/Work.** If you go hard on your knees at work -- knee bends and squats -- you might be more likely to get osteoarthritis

Risk Factors

- Based on the cause and the risk factors listed above, some forms of arthritis include
 - Degenerative (e.g. Osteoarthritis)
 - Metabolic arthritis (e.g. gout: uric acid metabolism disorder)
 - Infectious arthritis
 - Rheumatoid arthritis
 - Juvenile arthritis

Types

- **Pain.** Pain from arthritis can be constant, or it may come and go. Pain might be isolated to one place or felt in many parts of the body
- **Swelling.** Some types of arthritis cause the skin over the affected joint to become red and swollen, and to feel warm to the touch
- **Stiffness.** Stiffness is a typical arthritis symptom, with some forms of arthritis causing increased stiffness upon waking up in the morning, after sitting at a desk, or after sitting in a car for a long time, and others resulting in stiffness after exercise or characterized by persistent stiffness

Manifestations

- **Difficulty moving a joint.** Moving a joint or getting up from a chair should not be hard or painful and can indicate arthritis or other joint problem

Manifestation

- **Managing and preventing arthritis**
- Here's what you can do to keep the condition in check.
- **Educate yourself:** Take a self-management course to learn specifics on day-to-day arthritis care.
- **Get active:** Exercise can help you move better, lessen pain, and put off disability.
- **Watch your weight:** Extra pounds raise your chances of related health problems.
- **Don't put off treatment:** The sooner you're treated, the more likely you are to avoid permanent joint damage.

Management

- **DIET:** There is no specific diet that treats arthritis. However, there are several types of food that can help people with the condition by reducing inflammation and other metabolic products like uric acid.
 - Fish
 - Fruits and vegetables
 - Nuts
 - Olive oil

Management

- God's plan is perfect health even to our hoar hairs, therefore receive it, believe it and act on it.
- Having done all to stand.....stand

Take Home

THANK YOU
FOR LISTENING