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Arthritis – Top Reasons to Keep Moving

Arthritis in the knee is usually considered a "wear-and-tear" injury and people tend to avoid activity to avoid further damage. However, a study out of Sweden has demonstrated that moderate exercise not only reduces pain, but appears to strengthen knee cartilage as well. This, in turn, can reduce the risk of worsening osteoarthritis. It may be that cartilage responds to exercise much like muscle and bone do!

When you're feeling achy, the last thing you want to do is move. However, knowing that it will be good for you, it's time to get motivated. Build activity into your day and treat it as you would other daily activities, such as brushing your teeth. Just half an hour a day can make all the difference. Find a workout buddy and if the weather is inclement, move indoors – such as mall walking. And plan small rewards for yourself at regular intervals.

Lose weight and keep your joints moving

Exercise is not only directly beneficial to your arthritis, it contributes to weight loss – and being overweight is an aggravating factor in the progression of arthritis. Excess weight places significantly more stress on your joints in your daily activities and there are inflammatory processes linked to being overweight that contribute to pain and can lead to problems in other joints. So many reasons to get moving!

Glucosamine & chondroitin are popular remedies for arthritis, however the jury is still out on their effectiveness. Studies have demonstrated benefit – and no benefit. There seem to be few side effects. Glucosamine is derived from shells, so those with shellfish allergies should be cautious. Chondroitin can increase bleeding so those on blood thinners ought to avoid it. Otherwise, it might be worth a try.

If you have questions about your arthritis and/or its treatment, talk to our pharmacists. There's plenty of information – and misinformation – and they will give you the straight goods!