

WHAT IS OSTEOARTHRITIS?



Osteoarthritis is the most common form of arthritis in Canada and leads to the breakdown of joint cartilage and underlying bone. It can affect people of any age. Here's what you need to know to help manage the disease.

SIGNS AND SYMPTOMS

Talk to your doctor if any of the following last longer than 6 weeks.



Joint pain or swelling



Difficulty moving your joint



Joint pain or stiffness lasting 30 minutes or less



Grinding or creaking with joint movement



Feeling unstable or your joints buckling

HOW IS IT DIAGNOSED?

Your doctor may diagnose you based on your symptoms and a physical exam of your joints. You may also be sent for imaging.



Symptoms



Physical exam



X-ray

RISK FACTORS

Osteoarthritis can affect anyone, but these factors can increase your risk.



Overweight



Joints that are shaped differently



Joint injury



Repeated activity that places stress on joints



Being physically inactive

IS THERE A CURE?

There is no cure for osteoarthritis yet, but there are many ways to help ease symptoms. Most people benefit from self-management and treatment. Some people may also require surgery.

SELF-MANAGEMENT



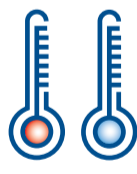
Physical activity



Strength building exercises



Weight management and healthy eating



Heat and cold treatment



Assistive devices



Mindfulness meditation



Limit heavy lifting or repetitive movements

TREATMENT



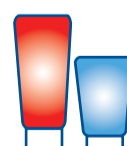
Physiotherapy and occupational therapy



Anti-inflammatory medications



Pain relievers, including medical cannabis



Topical medications (creams or rubs)



Injections



Surgery

Next steps

Think you might have osteoarthritis? Visit arthritis.ca/SymptomChecker and try our tool to help you talk to your doctor about your symptoms.

To learn more about osteoarthritis, visit arthritis.ca/osteoarthritis.