**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.

**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.

This resource was made possible through an unrestricted educational grant from Pfizer.