

Keep it Moving

Randy Lovell, M.D.



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Why are we here?

- Tell you about the beautiful new Center for Joint Replacement
- Teach you how to avoid ever going there

Topics of Discussion

- Arthritis – What is it?
- The knee and the hip – Where?
- What's arthritis feel like?
- Overview of treatments – Yes you have options.
- Tonight's focus – Moving your joints or losing your joints.

Arthritis

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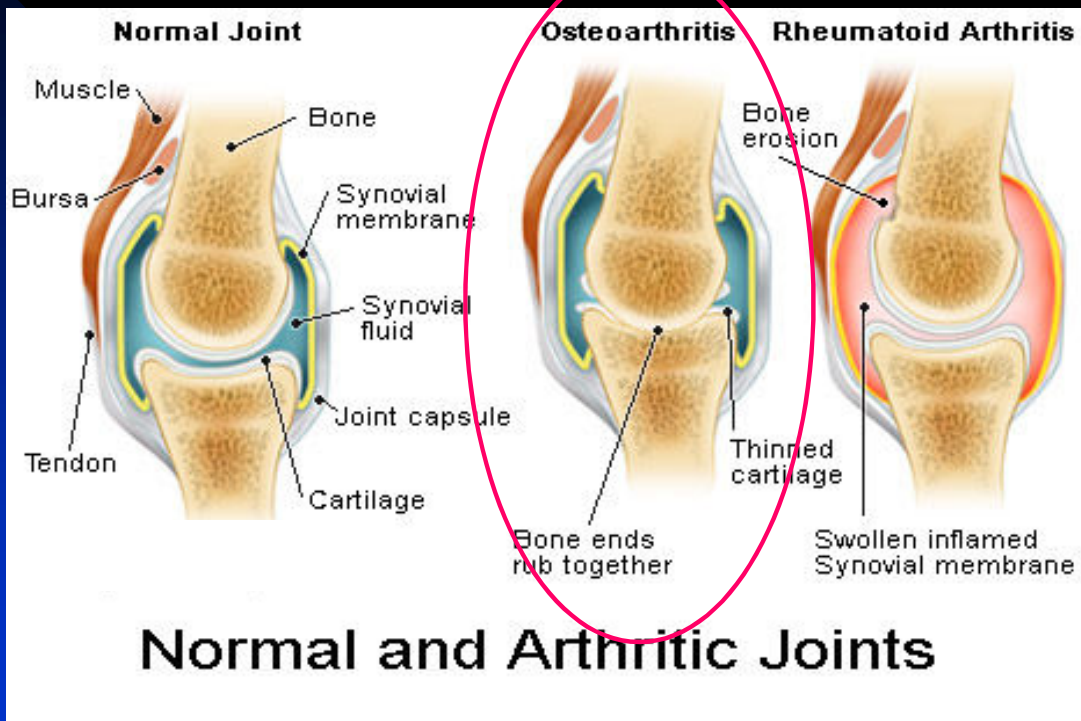
Arthritis

- Osteoarthritis versus rheumatoid arthritis
- What are the differences?

Arthritis

| OA | RA |
|---|---|
| <ul style="list-style-type: none">■ “Wear & tear” (plus biology)■ Cartilage cap on ends of bones thins/degrades■ Affects almost 50% over 65 years old■ Projected 60 million with some degree of OA by 2020■ We will all get it if we live long enough | <ul style="list-style-type: none">■ Autoimmune disease■ Chronic inflammation of joints and periarticular soft tissues■ Antibodies mistakenly targeted for host tissue■ Often multi-organ■ Treated by rheumatologist (until joint is gone) |

Arthritis



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OSTEO-Arthritis



- Good old fashioned wear & tear

Great imagery – Bad analogy



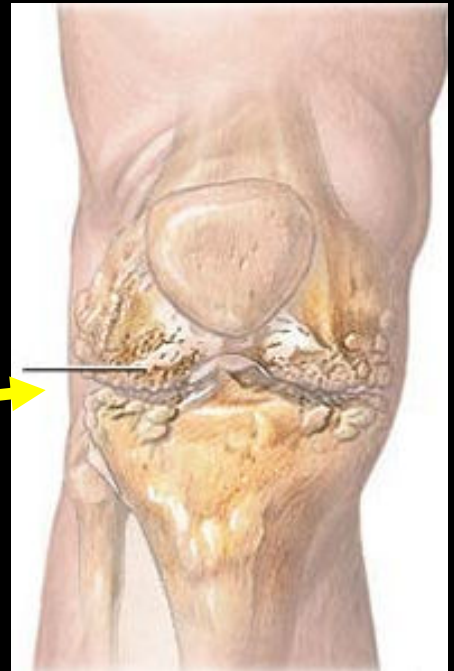
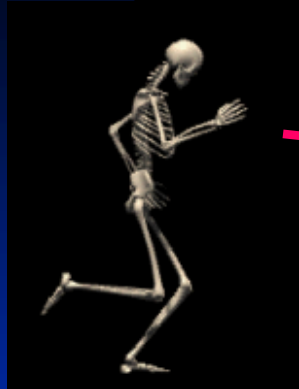
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OSTEO-Arthritis

- Tires don't wear out parked in a garage
- Joints don't last without movement

OSTEO-Arthritis



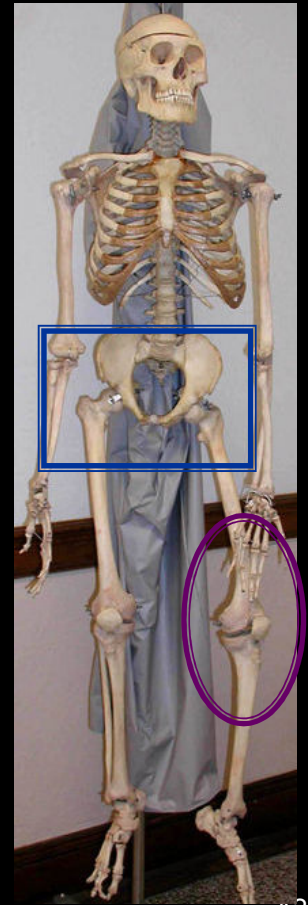
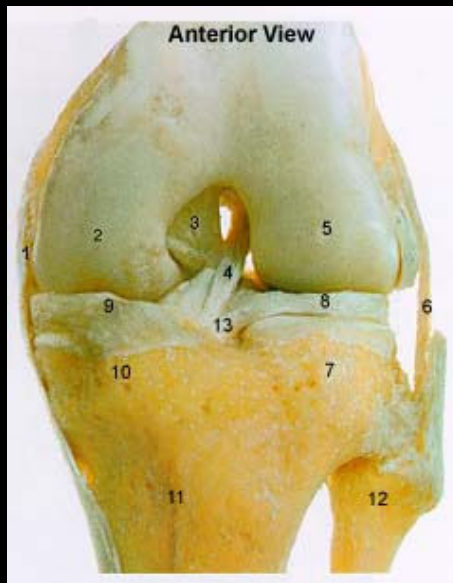
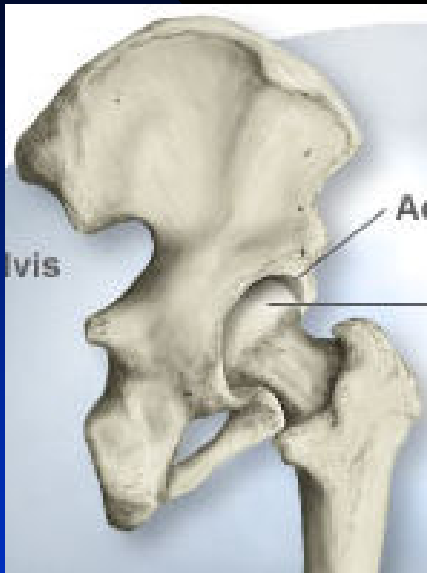
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Anatomy 101

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Anatomy 101



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Does arthritis hurt?

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Does arthritis hurt?

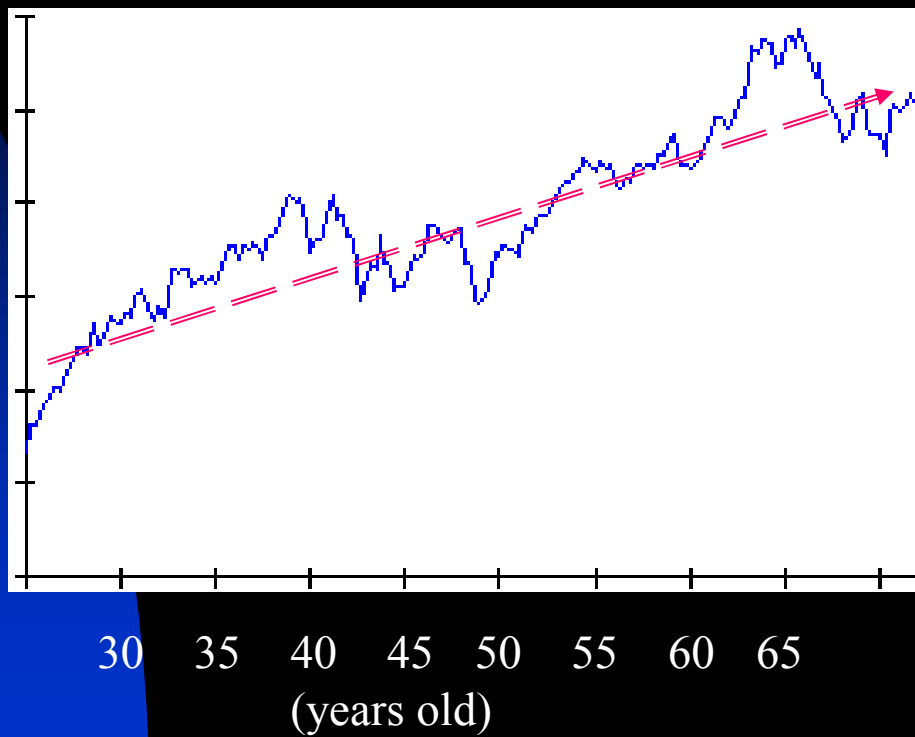
- Constant ache in my groin
- My knee “pops,” “grinds,” or “gives out”
- OK at rest, worse with activity
- I can’t move in the morning
- I’m fine in the morning, but by the end of shift, I can barely move
- Stairs -- forget about it!
- Some days I feel fine, others I limp around

Does arthritis hurt?

- Symptoms typically begin in 50's-60's (widely variable)
- Often no inciting event
 - ◆ “just started hurting”
- Intermittent symptoms
- Sometimes familial association

Does arthritis hurt?

Average
Weekly
Pain Rating



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Treatment Options

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Treatment Options

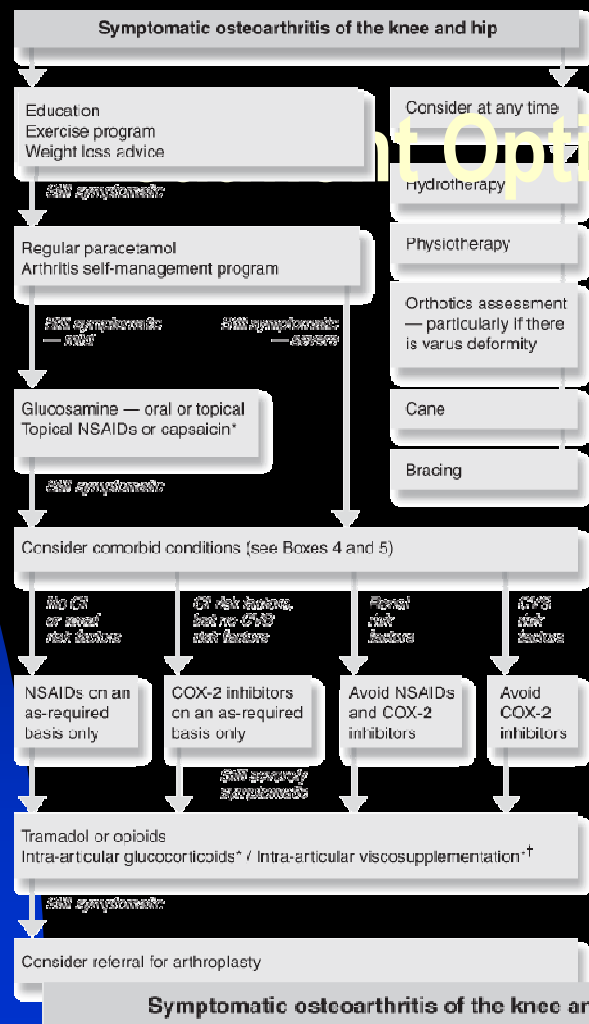
- You do have choices



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Management Options



Exercise & Weight Loss



- Go hand-in-hand
- Ya gotta' do **both**
- Why?
- How?
- How much?

Exercise & Weight Loss

- Arthritis is thinning of cartilage
- Cartilage needs movement and cyclic loading to survive
- Muscle protects joint and spares cartilage
- Key = right type and right amount

Exercise & Weight Loss



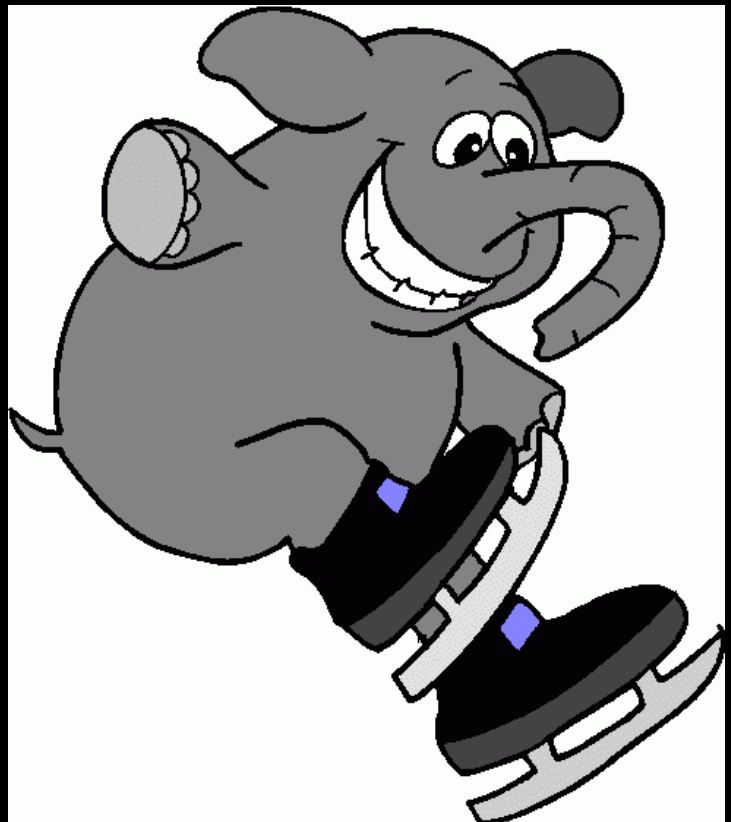
- A little too much of a good thing

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Exercise & Weight Loss

- Why does weight matter?
- Simple physics
- Concentration of forces
- One pound above belt translates to six pounds at the knee



Exercise & Weight Loss

- Bad news: 10 pound weight gain = 60 pounds at the knee
- Good news: opposite is also true
- Think of repetition
- Millions of steps in a lifetime



Exercise & Weight Loss

A brief word on diet:

- Frequent small meals
- Limit/eliminate sugar & simple carbohydrates
- Fruit and vegetables as base
- Add lean protein
- Add moderate complex carbohydrate
- Add moderate “healthy” fat

Exercise & Weight Loss

- Exercise: the good, the bad, and the ugly



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Exercise & Weight Loss

- Good exercise = aerobic
- Non-impact or low impact

Exercise & Weight Loss

■ RUNNING vs. WALKING

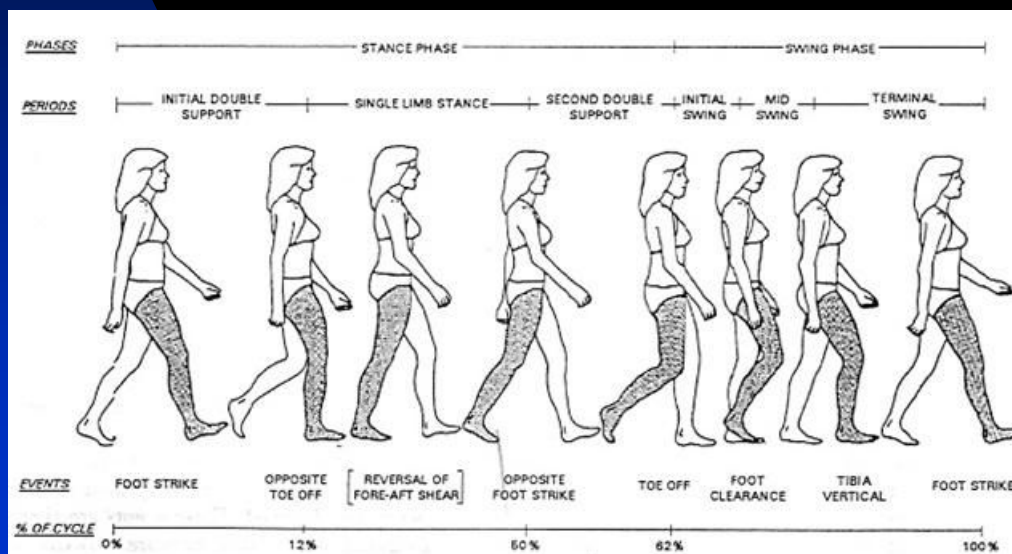


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Exercise & Weight Loss

■ Closer look at gait cycle



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Exercise & Weight Loss

- Swimming



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Exercise & Weight Loss

- Elliptical trainers & stair climbers



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Exercise & Weight Loss

- Biking is wonderful

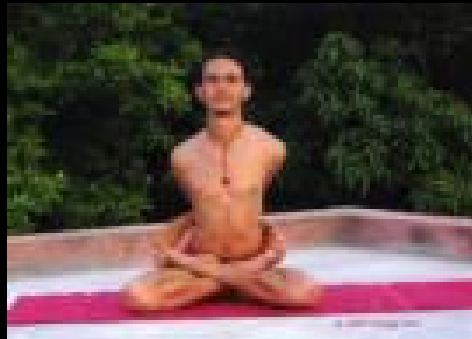


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Exercise & Weight Loss

- Stretching Program



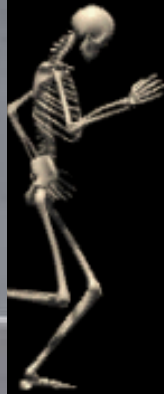
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Summary

- You can preserve and prolong your joints by keeping your weight down and your body moving
- Target would be 5 times a week for 30 minutes
- At a minimum, delaying surgery leads to better outcomes

Thank You Very Much



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