Reducing Your Risk of Osteoarthritis

by Rosalyn Carson-DeWitt, MD

There are no real methods for preventing the development of osteoarthritis. However, following certain preventive measures may slow its progression. Such measures include:

Maintain an Appropriate Weight

Keep your weight in an appropriate range for your age, height, and body type. Carrying excess body weight can put increased stress on your bones and joints. By maintaining a healthful weight, you can reduce the stress on your body.

Avoid Certain Activities

Although exercise is good for your body, you may want to avoid activities that might injure your joints or that require intense, repetitive joint motion, or repetitive stress on “at risk” joints.

Eat a Balanced Diet

Eat a diet rich in calcium and vitamin D. This will help build strong bones.

Begin an Exercise Program

Participating in a safe exercise program will strengthen your muscles, which will help support and stabilize your joints. And these muscles help to absorb some of the energy, or shock, delivered to the limb.

REFERENCES:

Arthritis Foundation website. Available at: http://www.arthritis.org/.


