

ARTHRITIS

Move again with Life

ARTHRITIS needn't control your life anymore Now you can control it.

Joint pain, restricted joint mobility, joint swelling and inflammation can steal happiness from your life. These symptoms are very common in arthritis.

What is Arthritis?

The word 'Arthritis' literally means joint inflammation ('arthr'- means joint;

It is' means inflammation). It refers to more than 100 different diseases. These diseases usually affect the area in or around joints. There are many types of arthritis. Most forms are chronic, which means they may last a lifetime.

How does Arthritis affect a person?

Arthritis usually causes stiffness, pain, fatigue of joints and restricted joint mobility. Consequently arthritis reduces a 'person's productivity and adversely affects his / her well-being. Living with arthritis is a challenge. Almost all people who have arthritis find that it limits their quality of life. It can affect their everyday activities, jobs, relationships with family and friends and even leisure activities.

What happens when Arthritis goes untreated?

Often people take arthritis to be a natural part of aging and do not seek medical advice.

Untreated arthritis becomes worse with time. Some patients require surgery if proper treatment is not begun at early stages of the disease. Permanent crippling may also occur in certain cases. Therefore it is important to start treatment as soon as possible. Arthritis is not easy to live with, but there are ways to cope with and overcome the problems it presents. It is important to follow carefully, the treatment regimen decided by your Doctor.

What happens in Arthritis? Before we can address this question we must understand some relevant terms. Thereafter, the discussion on Osteoarthritis, the commonest form of Arthritis, will provide a fair idea about this condition.

What is a joint? A joint is where the ends of two or more bones meet. For example, the bone of the lower leg (called the shin or tibia) and the thighbone (called the femur) meet to form the knee joint. The bone ends of a joint are covered with a smooth material called cartilage. The cartilage cushions the bone and allows the joint to move easily and without pain. A joint has a fibrous envelope called the synovium, which produces a fluid (synovial fluid), which helps to reduce friction and wear & tear in the joint. Ligaments connect the bones and keep the joint stable. Muscles and tendons strengthen the joint and enable it to move.

What is inflammation? Inflammation is one of the body's normal reactions to injury or disease. It is generally characterized by swelling, redness and pain. An injured or diseased joint shows inflammation and is generally swollen, painful and stiff. Inflammation is usually temporary, but in arthritic joints it may be long-lasting causing permanent damage and disability.

What is Osteoarthritis?

There are more than 100 different types of arthritis. The most common form is Osteoarthritis, which is also called 'Degenerative Arthritis'.

What are the symptoms of Osteoarthritis? Joint pain, stiffness, swelling and inflammation are the common signs. Symptoms usually develop slowly. A diagnosis is made based on medical history and examination. Certain tests such as Xrays may be ordered to assess the severity of the condition.

How does Osteoarthritis develop?

Osteoarthritis is caused by the breakdown of the joint cartilage, the tough elastic material that covers and protects the ends of joints. Bits of cartilage may break off and cause pain in the joint. Overtime the cartilage may wear away entirely. The bones then rub together causing further pain.

In which joints is Osteoarthritis commonly seen?

Osteoarthritis may affect any joint but is commonly seen in weight-bearing joints such as hips, knees, spine and sometimes the elbows. Osteoarthritis can occur at any age but is more common after the age of 45.

What are the causes of Osteoarthritis?

The exact cause is unknown. Factors that increase the risk are:

- Family history -Increasing age -Being overweight (especially affects hip and knee joints)
- Injuries or over use of a joint -Complications from other types of arthritis.

How is Arthritis / Osteoarthritis treated?

With proper treatment, it is possible to lead an active life in spite of Arthritis. It is very important to have a holistic approach to arthritis treatment. The three most important components of the treatment process are:

1. **Medication:** Discussed in detail here under.

2. **Exercise:** Along with medicines and proper diet, regular exercises are essential to keep your joints in working order so that you can continue with your daily activities. Exercise helps reduce pain, prevents further joint damage and maintains weight. Special exercises are recommended for arthritis depending on the disease type and progression. If you have arthritis, you have more

reasons to exercise. Arthritis Care Booklet

2 will focus on '**Exercise In Arthritis**'.

3. **Diet:** A balanced diet helps to cope with arthritis better. **Arthritis Care Booklet 3** will focus on '**Diet in Arthritis**'.

Kindly fill up the Feedback Card with this booklet for receiving Arthritis Care Booklets 2 & 3. Sending the filled-in Feedback Card will register you with the 'Arthritis Care Programme' of Nicholas Piramal India Limited and you will receive Arthritis Care updates from us from time to time. There may also be pleasant surprises.

Treatment of Arthritis / Osteoarthritis

For simplicity, let us discuss Arthritis treatment under the following 4 headings. One or more of the following may be combined for treating a particular type of arthritis:

1 Symptomatic Treatment: Reduction of pain and inflammation

2. Treatment with Disease Modifying Agents:

Slows down the disease process

3. Surgical Treatment

Symptomatic Treatment

This involves methods to reduce pain, swelling and inflammation associated with arthritis. Symptomatic treatment takes care of the symptoms only and does not address the factors

actually causing the disease. It does not prevent progression of the disease. The drugs commonly used for symptomatic treatment of arthritis are acetaminophen, ibuprofen, diclofenac sodium and other NSAIDs. More recent drugs in this category are COX-2 selective inhibitors. In severe cases of inflammation, steroids are injected in the affected joints.

Treatment with Disease Modifying Agents

These drugs address the factors which actually cause the disease. They prevent / retard the progression of the disease. Substances like Chondroitin sulphate and Glucosamine have properties to improve the structure and function of the joint cartilage. Therefore, they help in regeneration of the diseased joint, slow down the disease process and prevent

further damage. They do not have any associated side effects and can be used for long term management of

arthritis. These Disease Modifying Agents are the most preferred drugs in Arthritis Care today. For further details please consult your Doctor.

Surgical treatment

If a proper treatment regimen is not followed, arthritis often causes permanent damage, which can be corrected (often only partially) by surgery. Sometimes, untreated arthritis leads to crippling. In advanced stages of certain forms of the disease, the affected joints become severely damaged and pain becomes unbearable. Surgery may be the only option left. Joint surgery can offer some relief of pain, improvement in joint mobility and improvement in the appearance of deformed joints, but it is relatively expensive and requires hospitalization.

ARTHRITIS: IMPORTANT FACTS

The most important points about arthritis are

1. Arthritis is a common disease which affects the joints and is characterized by pain, swelling, inflammation and , restricted mobility of joints.

2. Untreated, it becomes worse with time and may cause permanent damage leading to surgery or crippling. Earlier the treatment begins, the better.

The above information is intended to guide you in coping with arthritis. To register with the '**Arthritis Care Programme**' of Nicholas Piramal India Limited, kindly fill up the **Feedback Card** attached to this booklet and mail it to us. In addition to the **Arthritis Care Booklets 2 & 3**, you will receive Arthritis Care updates from us from time to time. **There may also be pleasant surprises.**

3. Easy and effective treatment is now available with Disease Modifying Drugs.

4. A holistic treatment approach , involving the right combination of drugs, exercises and diet can make a big difference to the quality of life of an arthritis patient.

5. Finally, commitment to the treatment process is of utmost importance.

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FEEDBACK CARD

Dear Sir / Madam,

Kindly fill up this Feedback Card and mail it to us at your earliest. We shall register you as a privileged member of the '**Arthritis Care Programme**' of Nicholas Piramal India Limited. In addition to the **Arthritis Care Booklets 2 & 3**, you will receive Arthritis Care updates from us from time to time. **There may also be pleasant surprises.**

Pl. fill in using capital letters only.

Your name: _____

Address: _____

City : _____ State : _____ Pin-code: _____

Phone Nos: _____, _____ Mobile: _____

Email : _____

Your Doctor's name: _____

Date of consultation with your Doctor regarding Arthritis: _____
(i.e., the date on which you received this booklet from your Doctor)

Have you recently seen / heard any communication regarding Arthritis in the Media (Radio / newspapers / posters / pamphlets)?

Yes No

If yes,

When did you come across this communication?

Where did you come across this communication?

Briefly outline the message of the communication.

What prompted you to visit your Doctor for Arthritis treatment?

As soon as we receive this card from you, you shall be registered as a member of our **Arthritis Care Programme**. We shall send you communication at the address you have mentioned above.

kindest regards,



Priya Sengupta
Brand Manager

Nicholas

Arthritis Care Programme

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