



HEALTH CAPSULE | No.67 | 2019

ARTHRITIS RISK FACTORS

Each form of arthritis has its own particular risk factors, some of which we cannot change (non-modifiable risk factors) and others that we can control (modifiable risk factors).

Some of the most common risk factors for the development of arthritis include:



Non-modifiable risk factors

Age: The risk of developing most types of arthritis increases with age.

Sex: Most types of arthritis are more common in women; nearly 60% of all people with arthritis are women. Ankylosing spondylitis and gout are more common in men.

Genetic: Specific genes are associated with a higher risk of certain types of arthritis, such as rheumatoid arthritis, systemic lupus erythematosus, and ankylosing spondylitis.



Modifiable risk factors

Overweight and Obesity: Excess weight can contribute to both the onset and progression of knee and hip osteoarthritis.

Physical inactivity: Is associated with increased severity and progression of many types of arthritis.

Joint Injuries: Damage to a joint can contribute to the development of osteoarthritis in that joint. See page 2 for musculoskeletal disorders (MSDS).

Smoking: Is linked to the progression and severity of rheumatoid arthritis and systemic lupus erythematosus.

Infection: Many microbial agents can infect joints and potentially cause the development of various forms of arthritis.

Occupation: Certain occupations involving repetitive knee bending and squatting are associated with osteoarthritis of the knee and hip.

Diet: Plays an important role in healthy weight maintenance, which is a key factor in the prevention/reduction of disease progression. It is also an identified risk factor for the development and management of gout.

Source : Arthritis Society Website

DIFFERENTIATE OSTEOARTHRITIS FROM ARTHRITIS

Arthritis: Arthritis is a term used to describe a group of over 100 diseases characterized by **inflammation in the joints or other areas of the body**. Inflammation is a medical term that describes redness and swelling which causes pain and, when in the joints, can also cause stiffness. Left unchecked, inflammation can lead to significant and often irreparable damage to the affected areas, resulting in loss of function and disability.

Arthritis (arthro = joint, itis = inflammation) can involve almost any part of the body, most often affecting the hip, knee, spine or other weight-bearing joints, but also found in the fingers and other non-weight-bearing joints. Some forms of arthritis can also affect other parts of the body.

Arthritis is a **chronic condition**: it affects people on an ongoing, constant or recurring basis over months, years, even a lifetime.

Osteoarthritis: Osteoarthritis (OA) is the **most common type of arthritis**. It affects more Canadians than all other forms of arthritis combined. OA is a progressive disease of the whole joint that leads to breakdown of joint cartilage and the underlying bone. (Cartilage is the tough elastic material that covers and protects the ends of bones.)

OA used to be described as a degenerative or “wear-and-tear” arthritis, but recent studies describe it as a result of the **body's failed attempt to repair damaged joint tissues**.

Source : Arthritis Society Website



How to learn more about **CHRONIC DISEASES** in Canada: **VISIT CANADA.CA**
GET DATA from the Public Health Infobase <http://infobase.phac-aspc.gc.ca/index-en.html>

WHAT ARE MUSCULOSKELETAL DISORDERS (MSDS)?

Set of symptoms and afflictions that affect mainly:

- nerves
- tendons
- articulations
- muscles
- ligaments
- blood vessels
- intervertebral discs

This can happen when the ability to adapt or retrieve structures is exceeded.

The most frequent MSDS:

- bursitis
- tendinitis (tendonopathy)
- epicondylitis
- carpal tunnel syndrome
- vibratory syndrome
- back pain

What are the most common symptoms?

- discomfort
- reduced range of motion
- pain when moving or to the touch
- numbness



THE 11 BEST WALKING PLACES TO ADMIRE AUTUMN COLORS

- Lafontaine Park
- Old Port of Montreal
- Maisonneuve Park
- Jean-Drapeau Park
- Mont-Royal
- Botanical Garden
- St-Joseph Oratory
- Place Ville-Marie
- Nature Centre in Laval
- University of Montreal
Roger-Gaudry Pavilion and Bibliothèque des lettres et sciences humaines
- Summit Circle
Summit Circle and Sunnyside Park

Source : Narcity Website



Do not neglect these symptoms.
Consult a health care professional.

Source : Santé au travail Website



Group Censeo will be taking a break to come back with a new concept of health capsule in 2020.