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Assets and Barriers to Osteoarthritis

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What's the problem?
• Osteoarthritis has remained a prevailing health concern in our society for many years
• OA is the most common type of arthritis.
• Between 20 million and 27 million people in the United States suffer from osteoarthritis.

What causes OA?
• Being overweight/obese
• Getting older
• Joint injury
• Joints that are not properly formed
• A genetic defect in joint cartilage
• Stresses on the joints from certain jobs and playing sports.

Who does this affect?
• Osteoarthritis occurs most often in older people. Younger people sometimes get osteoarthritis primarily from joint injuries.

Why is this a public health concern?
If not treated, OA could lead to permanent discomfort and pain, and potentially develop into depression, lowered quality of life, or a need for long-term home health care.

Conclusions & Recommendations:
OA is most commonly seen in middle aged men and women suffering from pain and stiffness in the hip, knee, and thumb areas.

Arthritis and other rheumatic conditions are a leading cause of disability among US adults, and have been a leading cause of disability among US adults for the past 15 years.

By hosting local community events to promote the study/prevention of osteoarthritis, we could lower the risk of developing OA in our community as a whole. Examples of events range from marathons, dinners, and biking events, to conferences, parties, and volunteer opportunities.

Resources Available:
The Arthritis Foundation holds community events to help raise money for the awareness and research of arthritis. Although no arthritis foundations are located in Murray, this organization holds fundraisers such as the Jingle Bell Run across the state of KY welcoming all the state residents.

References: