

What Is Degenerative Arthritis?

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More info...
By John Hilaire

Everyday people are diagnosed with one of 100 different types of arthritis. Some people even have more than one type of arthritis at the same time. This family of illnesses includes degenerative arthritis, rheumatoid arthritis and psoriatic arthritis. Learning the difference between the diseases can help a patient get the right treatment plan.

Causes And Symptoms Of Degenerative Arthritis

Many of the diseases in this family of illnesses can have very similar symptoms. Degenerative arthritis is also known as osteoarthritis, and is one of the most common arthritis's diagnosed everyday. Symptoms of degenerative arthritis include, joint pain and swelling and range of motion within the joint becoming limited.

Degenerative arthritis is caused when the cartilage around the joints disintegrates. This then causes the chain reaction of bone spurs to develop, making the joints extremely painful. Degenerative arthritis becomes more common as people age, and is one of the most common forms of arthritis diagnosed.

As this is a common disease as we age, if a younger person is diagnosed with degenerative arthritis, or has this disease in their shoulder or ankle additional tests to determine if the patient has another disease called hemochromatosis should be run. This disease is caused by too much iron in the blood, and can cause severe damage to organs and joints. There is treatment for this condition that should be started immediately.

Treatment For Degenerative Arthritis

One of the best things a patient with degenerative arthritis can do for themselves to assist with this disease is to maintain a proper weight. Additional weight puts stress on the joints; and makes degenerative arthritis even more painful. Finding an exercise routine that works for the patient is an important treatment plan. Low impact exercise is determined to be the best; by again, keeping impact off the joints. Walking, swimming and even Tai Chi are all good choices for this form of arthritis.

There are medications that can be given in the treatment of this arthritis. These can vary from patient to patients and may include steroids to treat swelling, acetaminophene is also sometimes recommended too. A patient needs to speak with a doctor to discover which types of medication will be recommended.

Degenerative arthritis is a painful disease that affects millions of people. Keeping track of symptoms can help a patient discover if this is the arthritis that they have. Talk to your doctor about any joint pain to begin treatment and help prevent further destruction of the joint cartilage.

John Hilaire offers expert advice and great tips regarding all aspects concerning
arthritis herbal remedy,natural
remedies for arthritis. Get the information you are seeking by visiting

<http://www.naturalremediesforarthritis.org>

Tips For Your Body's Health

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