

Managing my pain: Osteoarthritis



Physical Activity/ Exercise:

Exercise is considered the most effective, non-drug treatment for reducing pain and improving movement in people with osteoarthritis. (1) Both aquatic and land-based programmes show comparable and positive effects.

Omega-3 polyunsaturated fatty acids found in oily fish have anti-inflammatory properties that may well be of benefit in OA (3) If you don't like eating oily fish (sardines, mackerel, salmon), consider a trial of fish-oil or algal oil capsules; one to two capsules should supply 450 mg EPA+DHA per day.

Reducing Fat: (2) Excess adipose tissue or body fat, can put strain on your joints, and this in turn can exacerbate osteoarthritic symptoms. There is strong evidence that losing fat can reduce pain, improve your overall physical functioning, mobility, and overall quality of life.



Turmeric/ Curcumin:

(4) Curcumin is the active compound that is found in turmeric. Compared with placebo, there appears to be a benefit of turmeric on knee OA pain and function.