



MAX HOSPITAL, PATPARGANJ & VAISHALI

HEALTHLINE

SPECIAL ISSUE FOR WORKING WOMEN



MARCH 2017

TO BE CIRCULATED WITH DELHI TIMES EAST ZONE, GHAZIABAD ZONE AND NOIDA TIMES

ADVERTORIAL

It's time to tackle the pain

If you are suffering from chronic pain, it's time to get it checked for arthritis

Aches and pains, which are very common in working women, are commonly neglected. Some women might have the pain because of stress but largely arthritis is the main cause of their pain.

Do you have difficulty climbing stairs? Do you suffer from a sudden stiffness or pain after sitting for a long duration? Don't ignore it. You could be having arthritis, which is on an alarming rise, especially among women.



Prof (Dr) Anil Arora

Some signs of inflammation include redness, heat, pain, swelling, stiffness and decreased motion of the joints. It begins as a dull aching pain that worsens with progression. Osteoarthritis comes with age or due to repetitive movement known as "wear and tear".

Rheumatoid arthritis commonly affects female aged 40-60 years. The patients often wake up with stiff and swollen joints. It is diagnosed after blood investigations like RA factor.

Gout usually affects the big toe. It is diagnosed with blood uric acid level. Spondyloarthritis affects mainly the spine.

Treatment of arthritis include lifestyle changes with a judicious, all-round approach such as no smoking, bet-

ter food habits, higher antioxidant content through green leafy vegetables, high protein diet and adequate Vitamin D and calcium foods like milk, cheese.

High protein diet like red meat, cheese and alcohol should be avoided in gout.

Omega-3 rich fish like salmon, tuna, Soybeans (tofu), extra virgin olive oil, oatmeal, whole grain cereals, beans, nuts, walnut oil, cherries broccoli, green tea, citrus fruits like oranges, are good for arthritis.

Walking is a great bone-strengthening exercise. You can stretch sitting in a chair, if that helps. Try cycling for 10 minutes.

Activities to be avoided include floor activities like squatting, sitting cross-legged. However, crossed leg sitting is allowed in high position like bed. Negotiating stairs and using Indian commode should be avoided.

One should keep body weight in check.

Other forms of treatments include cartilage restoring medication such

as Glucosamine, Chondroitin sulphate. No medication should be taken without the advice of the doctor.

In advanced case of arthritis, surgical options like high tibial osteotomy, arthroscopic debridement and total or partial knee replacement should be considered.

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