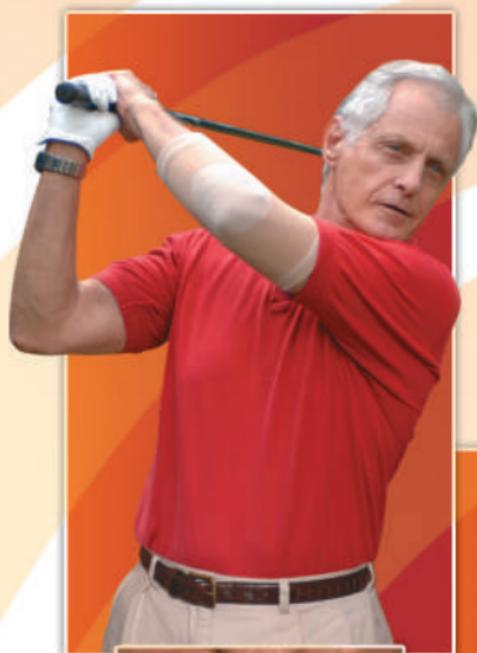


Therall™

ARTHRITIS PAIN RELIEF



Living with Arthritis

A guide to understanding
and managing Arthritis

Arthritis Facts

- ❖ There are currently 4.5 million persons suffering from arthritis in Canada
- ❖ This number is estimated to grow to 6 million over the next 20 years.
- ❖ More than 20% of Canadian adults will suffer from arthritis by 2029.
- ❖ 60% of arthritis sufferers are less than 65 years old.
- ❖ Osteoarthritis is the most common form of arthritis (1 Canadian out of 10)
- ❖ Economic cost associated with arthritis is estimated at 4.4 billion per year



What is Arthritis?

Arthritis is a chronic disease that develops in the joints.

A healthy joint has cartilage surrounding the ends of the bones.

A **joint** is where two or more movable bones meet. Each joint is a complex structure made up of ligaments, cartilage, fluid and the synovium. The **synovium** is the thin layer of tissue that lines the joint and lubricates the tendons. In many forms of arthritis, the synovium becomes inflamed and thickened, producing extra fluid which contains inflammatory cells. The

inflamed synovium and fluid can damage the cartilage and underlying bone.

Cartilage is the spongy material that covers and cushions the bones and acts as a shock absorber for easy joint movement.

As in osteoarthritis, the cartilage is slowly destroyed and begins to break down to a point where the bones rub against one another causing pain, loss of mobility, deformity and dysfunction.

No one knows what causes arthritis yet.

There are currently 4.5 million persons suffering from arthritis in Canada.



*Healthy Joint
(Correct Spacing
in Joint)*



*Cartilage
Deterioration
(Bone on Bone
Contact)*

Types of Arthritis

Over 100 types of arthritis exist, all of which affect the joints. Osteoarthritis is the most common form of arthritis. Rheumatoid arthritis is also very common. While these two forms have different risk factors, causes, and symptoms, they do share one common symptom – joint pain.

Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is an autoimmune disease in which the immune system attacks healthy joints causing inflammation (redness, pain, swelling, heat) and possible joint damage.

- ❖ Hands and feet are most commonly affected, though the wrists, ankles, knees and shoulders may be affected as well.
- ❖ 3 times more common in women than men
- ❖ Typically develops between the ages of 25 and 50
- ❖ Approximately 1% of the Canadian population is affected by Rheumatoid arthritis.

Osteoarthritis

Osteoarthritis is a chronic, degenerative form of arthritis where cartilage between the bones in a joint breaks down. Bits of cartilage may float around inside the joint and disturb other soft tissues resulting in pain and swelling as well as reduced mobility. Over time as the cartilage wears down, the bones may rub against one another. It is the most common form of arthritis.

Osteoarthritis typically affects more than one joint and is most often in the weight bearing joints such as the hips, knees and lower back. The neck, fingers, thumb joints, feet and the big toe can also be affected. Wrists, elbows, shoulders and ankles are usually affected only in cases of injury or overuse.

There are two types – **Primary osteoarthritis** is associated with aging or “wear and tear”. **Secondary osteoarthritis** is caused by a specific condition or event that damaged the joint, such as an injury or obesity.

Osteoarthritis affects men and women in equal numbers. Most people develop osteoarthritis after the age of 45, but it can occur at any age.

Osteoarthritis is the most common form of arthritis. 1 in 10 Canadians.

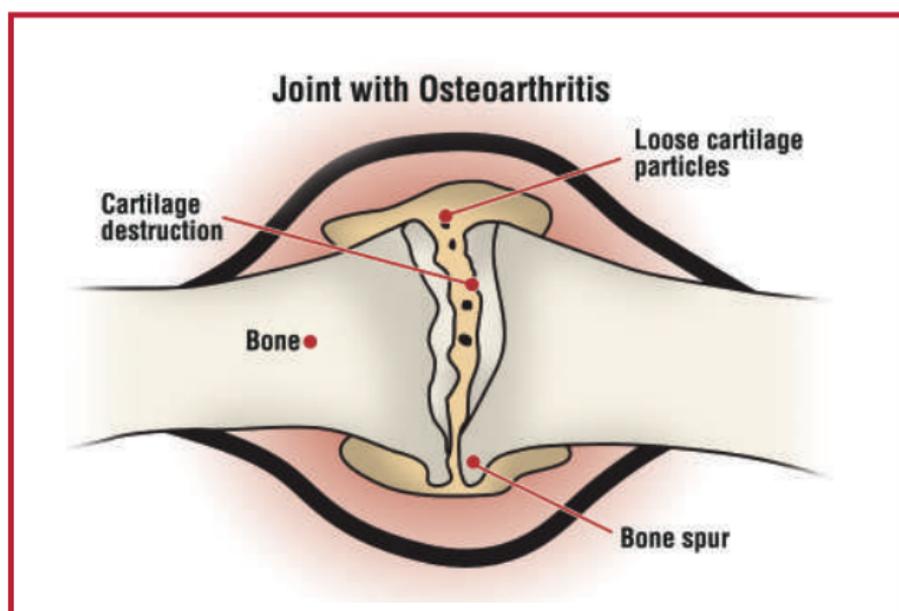
How Osteoarthritis Develops?

Osteoarthritis develops gradually and starts with stiffness or soreness and moderate pain that does not interfere with daily tasks.

As it progresses, cartilage loses elasticity and is more easily damaged by repetitive use or injury. Cartilage breakdown causes the ends of the bones near the joint to change and deform – bone may thicken and growths called bone spurs may develop. Small fragments of cartilage or bone may break off and float in the space around the joint leading to pain and irritation. The lining of the joint may become inflamed resulting in further damage.

Damage to cartilage in the joint and the surrounding tissues leads to instability, difficulty to move, pain, stiffness and swelling.

Eventually basic daily activities such as walking, typing, brushing teeth, and tying shoelaces become more difficult.



Symptoms of Osteoarthritis

Symptoms may develop suddenly or slowly over time, and include:

Persistent joint pain

Inflammation (swelling, redness, warmth, and/or stiffness)

Joint pain aggravated by activity

Joint stiffness in the morning or after a period of inactivity

Loss of flexibility in a joint

Joint deformity

Fatigue or weakness

Poor posture or coordination

60% of arthritis sufferers are less than 65 years old.

Causes of Osteoarthritis

Osteoarthritis cannot be attributed to a single/specific cause; however, several risk factors exist that increase the risk of its development:

- ❖ **Wear and Tear.** Repeated overuse or repetitive motions injure and add stress to joints.
- ❖ **Age.** Increased age increases the risk. The joints have endured many years of use. Cartilage may deteriorate due to prolonged “wear and tear.”
- ❖ **Heredity.** Inherited bone abnormalities can affect the shape of joints or cause joint instability.
- ❖ **Obesity.** Obesity increases stress on weightbearing joints.
- ❖ **Injury.** A previous serious injury to a joint that has not healed completely may lead to osteoarthritis.
- ❖ **Muscle Weakness / Lack of Physical Activity.** Weak muscles around a joint will increase the wear on the joint itself.

Any one or a combination of these factors may put one at higher risk of developing osteoarthritis. Controlling some of these risk factors may minimize risk or prevent the development of the disease altogether.

How is Arthritis Diagnosed?

Proper diagnosis, early detection, and treatment are important in successfully managing arthritis. Diagnosis is usually made following an evaluation of medical history and a physical exam of patients experiencing of persistent joint pain.

Other methods such as blood tests or joint fluid analysis may be done.

X-rays may be used to help confirm an osteoarthritis diagnosis or determine how much bone damage and cartilage loss exists.

A family doctor or primary care physician may be able to diagnose and treat common types of arthritis. You may eventually be referred to a rheumatologist, or arthritis specialist, for further treatment.



Consult your physician to determine a treatment plan that best suits your needs.

Can Arthritis be Treated?

While there is no cure, arthritis is manageable and symptoms can be minimized. Early treatment results in less joint damage and pain.

- ❖ Each individual may respond differently to various treatment options, but starting a combination of therapies as soon as possible seems to have the best effect.
- ❖ A good treatment plan considers the severity of the condition, the joints affected, your age, activity level, and other medical conditions.
- ❖ You and your physician should determine a treatment plan that best suits your individual needs.
- ❖ By taking an active role in the treatment of arthritis, you can alleviate symptoms, prevent progression and improve the function of your joints.

By taking an active role in your arthritis treatment you can ease symptoms, prevent progression and improve joint function.

Arthritis Therapy Options

Weight Control and Exercise

Perhaps the best thing you can do! Control your weight to reduce strain on joints. Every pound gained means added pressure on the knees and hips (and more pain!). Exercise strengthens muscles and keeps the joints flexible to increase range of motion. Stretching also increases flexibility. Strong muscles help support joints. Range of motion exercises, muscle-strengthening exercises and low-impact activities such as walking, bicycling or swimming are ideal.



Rest and Joint Care

During periods of pain or inflammation, joints are unstable and more prone to injury. Rest and limited activity will help prevent further damage to affected joints. Avoid repetitive motions when possible. Support and protect your joints with the use of over-the-counter specialized arthritis supports like Therall™. Assistive devices can help relieve the pain associated with arthritis.



Protect your joints and help relieve pain with specialized arthritis supports like Therall™.

Arthritis Therapy Options

Pain Relievers

Drug therapy* may ease symptoms. Some drugs aim to reduce pain while others target symptoms and slow progression.

- Analgesics like acetaminophen (e.g.: Tylenol®) relieve mild-to-moderate pain but do not relieve swelling or inflammation.
- Topical analgesics are creams or rubs applied to the affected area to help relieve arthritic pain temporarily. They are not anti-inflammatory drugs.

There are three main types of topical analgesics:

Counter-Irritants - These topicals contain ingredients such as menthol, eucalyptus oil, or camphor that mask the pain by producing a warm or cool sensation to the skin. Some of these products may be combined with the other two types: salicylates or capsaicin.

Salicylates - Topical salicylates reduce inflammation and pain by blocking the release of a certain fatty acid that causes swelling. Since they work in the same way as aspirin, people who are sensitive to aspirin should consult a physician before use.



Capsaicin - Capsaicin is a natural substance found in hot chili peppers. In topical creams it gives warmth to the skin and surrounding area. However, the real benefit is that Capsaicin works past surface pain to the molecular level. Capsaicin relieves pain by blocking the transmission of a pain-relaying substance called Substance P to the brain.

- Non-steroidal anti-inflammatory drugs (NSAIDs), including acetylsalicylic acid (e.g.: Aspirin®) and ibuprofen (e.g.: Motrin®, Advil®) help reduce swelling and pain. At higher dosage, they relieve inflammation. Always consult your physician for proper dosage for you.
- Prescription medications may be incorporated into a treatment plan to treat a wide variety of symptoms.
- Local steroid injections such as cortisone are injected directly into the affected joint for immediate and targeted pain relief.

**Medication should be taken as directed by a physician.*

Thermal Therapy

The use of hot packs or taking a hot bath relaxes muscles around stiff joints and helps relieve deep, aching pain.



Aspirin® is a registered trademark of Bayer HealthCare AG.
Motrin® is a registered trademark of McNeil PDI Inc.
Advil® is a registered trademark of Wyeth.

Arthritis Therapy Options

Certain supports like Therall™, used with or without self-heating patches, provide soothing heat directly to the aching joint to help reduce arthritic pain and stiffness during your daily activities. Heat promotes blood circulation and good muscle fibre health. Avoid heat on inflamed joints.



Cold Therapy

Cold packs or supports will help reduce swelling and pain. Cold can be used on inflamed joints.

Reduce Stress

Stress leads to fatigue, muscle tension and increased pain that can intensify arthritis symptoms. Relaxation techniques such as meditation or activities like yoga may help relax muscles and release tension and stress.

Alternative Therapies

Vitamin C and other antioxidants may possibly help prevent progression of osteoarthritis. A massage can decrease pain and increase circulation. Other options may include yoga or acupuncture.

Surgery

Surgery may be considered when other treatment options are not successful. Consult your physician.

Remember, a treatment plan may need to change over time with any changes in the condition (such as progression or an improvement in the condition).

Therall™

Arthritis Pain Relief

Therall™ quality products help relieve arthritis symptoms, such as pain and swelling, while maintaining an active lifestyle.

Joint Warming Supports

Light compression with ceramic fibers to penetrate body heat deep into the joints and tissues for longlasting pain relief.

- Ankle Support, 53902CA
- Knee Support, 53702CA
- Elbow Support, 53202CA
- Wrist Support, 53402CA
- Back Support, 53537CA

Arthritis Gloves

Neoprene material retains the body's natural heat to soothe aching wrists, fingers and hands.

- Arthritis Gloves, 53350CA

Moist Heat Pad & Therapy Mitt

Therapeutic moist heat for soothing relief.

- Moist Heat Pad, 531500CA
- Moist Heat Therapy Mitt, 532000CA

Foot Warmers

Microwavable foot warmers provide soothing warmth and pain relief to tired, aching feet.

- Foot Warmers, 53425CA



Additional Resources

La plupart des informations contenues dans cette brochure apparaissent sur les sites suivants :

The Arthritis Society
www.arthrite.ca

Public Health Agency of Canada
www.phac-aspc.gc.ca/ccdpc-cpcmc/topics/musc-arthritis_e.html

Therall™ Arthritis Pain Relief
available at:



Call our Customer Service at **1-877-978-5526**
or visit **www.bsnmedical.ca**



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BSN Medical Inc.
4455, autoroute Laval ouest, suite 255
Laval, (QC) Canada H7P 4W6