



Living With Osteoarthritis



Overview

If you've been diagnosed with osteoarthritis, you may need to make some changes in your lifestyle. But you can still do many of the things you enjoy. You just have to take steps to manage your condition.

Medical treatment

There are many ways to ease the pain of arthritis. Medications, physical therapy, different types of injections or even joint replacement may all be helpful. To find out what works for you, take an active role in your care. Talk to your doctor about your options, and follow your doctor's advice. Take medications as directed. Speak up if your care plan isn't working.

Diet and exercise

It's important to maintain a healthy weight and to get regular exercise. So eat a healthy diet and keep an eye on your weight. Ask your doctor what exercises are safe for you. Exercising shouldn't be painful, so stop any activity that hurts you. After exercise, you can use a heating pad or a warm bath to soothe stiff joints and tired muscles. An ice pack can help reduce inflammation. And if you overdo it, make sure you allow enough time to rest and recover.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your arthritis successfully.

