



HEALTH



with

Dr. A. Kumar

Manage your Arthritis



Arthritis is a very common disease these days, especially in this country where there is no sun and most of the time it rains. Arthritis is the swelling of one or more joints in the body. There are 100s of types of arthritis but in general only types Rheumatoid arthritis and Osteoarthritis are better known. These may affect the knees, wrists or some part of the spinal column. The other types are septic arthritis, gout, juvenile idiopathic arthritis psoriatic arthritis, reactive arthritis etc. Many diseases are also linked with arthritis. There are ways to manage arthritis. Some tips given below would be useful:

1. First confirm that you suffer from Osteoarthritis: It is important to make sure your diagnosis is correct before you begin wasting money on treatments which might not be actually for you. Only CT scan can diagnose properly the Osteoarthritis. As explained earlier, there are over 100 different types of medical conditions that can affect joints; it will be difficult to treat your condition effectively unless you know exactly what is ailing you.

2. Just don't look for pain relief alone: Your GP will give you some pain killers and you will get some relief. But do you know that use of certain pain killers can also give you ulcers, heart diseases and even liver dam-

age? Your goal should not be pain relief but to stop the progress of arthritis and for that you should be careful about these four points: a) diet b) regular appropriate exercise, your mental attitude and proper treatment.

3. Manage your weight to control your osteoarthritis: Weight more than required could damage your load bearing joints sooner than expected. Losing weight is not impossible. It only needs passion and mental attitude and proper diet. Try your best to engage in exercises that will assist you in losing weight such as walking. Believe me it is well worth the time spent.

4. Knowledge about your diet: It is very important aspect of controlling all kinds of arthritis. Instead of knowing what you should eat, you must know beforehand what you should not. Let's begin by listing some food items that you should avoid. While there are over 100 different types of arthritis, they all have one thing in common. One or more of the food items listed will be an "allergy food" for the arthritis sufferer: sugar, caffeine, citrus, salt, red meat, dairy products, additives, soft drinks, corn, flour etc.

5. Proper Exercise: There are 147 different joints that are in motion every day. The hands, hips, knees, feet and spine are generally af-

ected. Your GP mostly would tell you to be easy about it but you must stick to a proper exercise regimen with the help of your physiotherapist. Exercise is good for joints affected by osteoarthritis. Even if you don't think you can exercise, you can. Even the lightest exercise can go along way to maintaining joint mobility and health. A good exercise routine is key to beating arthritis.

6. The Treatments: NSAIDs, Cox-II Inhibitors, Surgery, & glucosamine: Most of the doctors prescribe NSAIDs and COX-II inhibitors for joint pain and arthritis sufferers. If you are taking these products, you are putting yourself at a high risk for developing serious side effects from heart disease to ulcers. These products simply are not healthy for you. In the most severe cases of osteoarthritis, a doctor almost certainly will be telling you that you will require steroid treatments. Unfortunately, in the more severe cases they will often be quick to suggest about surgery also.

The latest arthritis research has shown that there are some very effective alternatives that have no side effects, are completely safe, ease the pain and tend to the disease. This supplement is glucosamine. Consult your GP and you may start with a suitable dosage of glucosamine.

7. To ease pain, following 12 Ingredients may help:

In alleviating arthritis pain, there are twelve key compounds which may provide maximum relief.

a) Glucosamine: It plays an important role in the production, maintenance, and repair of cartilage. It stimulates the production of glycosaminoglycans and proteoglycans, two essential building blocks of cartilage.

b) Chondroitin sulfate reduces inflammation and assists the glucosamine in protecting against future cartilage degeneration.

c) Shark cartilage is a source of chondroitin sulfate. It drives the glucosamine and provides maximum absorption.

d) Bromelain cleans away the "debris" in the joints and restores proper fluid balance. In addition, it helps to inhibit inflammatory compounds plus reduces pain and swelling.

e) Boswellin has been used for centuries in the Indian Ayurvedic system of medicine to maintain healthy joints. Boswellic acids improve blood supply to the joints and maintain the integrity of blood vessels. It has been known to reduce joint swelling, maintain blood supply to inflamed joints, increase mobility as

well as reduce pain due to stiffness in the joints.

f) Ascorbate assists body with processing the glucosamine.

g) Yucca has a long history in easing stiff joints by blocking compounds that prevent normal formation of cartilage. The root is rich in saponins that elevate your body's ability to produce cortisone naturally.

h) Omega 3 & 6 Fatty Acids Omega-3 and Omega-6 fatty acids act as anti-inflammatory agents. Omega-3 fatty acids are found in fish such as salmon, mackerel, herring, tuna, halibut, anchovies, and rainbow trout and soybean oil, flaxseed oil, and walnut oil. Omega-6 fatty acids come from various common vegetable oils.

i) Vitamin A is essential for growth and repair of body tissues and it assists in bone formation.

“ For all chronic or other diseases like migraine, headaches, Obesity, skin diseases, Eczema, leucorrhoea, arthritis, general weakness, diabetes, Anemia, male and female sexual problems and others, consult free and contact Dr. Kumar. Email through this newspaper. ”

j) Vitamin C produces a mobilization of body's self-defence mechanisms, which assists immune system to overcome disease.

k) Vitamin E an antioxidant, which acts to protect red blood cells and unsaturated fatty acids from oxidation damage. It also assists body in maintaining healthy membrane tissue.

l) In addition, Vitamin A, C, and E all promote general health and protect against the harmful effect of free radicals.

Arthritis is not only painful but may also affect routine chores also. However, with just being a little aware about the problem, the suffering can surely be minimized. You know better your body and problem than any other person or even the doctor. See for yourself, what triggers your problem and what not? What is good to eat and what you should avoid? Just with a little bit of awareness and discipline, life can become as normal as it should be.

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