Arthritis Quiz: Answers

1. **There are many different types of arthritis. [true]** Arthritis is the general term given to many different forms of this process, and there are more than 200 forms. Gout, osteoarthritis, and rheumatoid arthritis are just a few to mention

2. **Only elderly people get arthritis. [false]** Juvenile arthritis affects younger patients and arthritis usually develops between the ages of 20-50.

3. **The foot is not usually affected by arthritis. [false]** The "wear and tear" affect o our feet create a prime situation for osteoarthritis.

4. **A podiatrist can help alleviate the pains of arthritis. [true]** Podiatrists can offer many different modalities of treatment, based on the

5. **Osteoarthritis can occur in the toes. [yes]**

6. **A swollen, red, hot, painful joint of the foot can be a sign of arthritis. [true]** If this is occurring see your podiatrist or GP for a diagnosis and treatment.

7. **Bunion deformity and hammertoe deformity can be caused by arthritis. [true]** Patients with arthritis can present with bunion deformities and contracture of the toe joints.

8. **If you have arthritis, there's not much that can be done to help.** *Something can always be done* to help control the disease and help your quality of life. Talk to your podiatrist, GP or consultant about what can be done.

9. **Foot pain is normal as we age. [false]** Foot pain is never normal so see your podiatrist for a diagnosis. It could be that you are suffering from a form of arthritis.

The Society of Chiropodists and Podiatrists

The Buckinghamshire Branch of the Society of Chiropodists and Podiatrists www.buckspodiatry.org

PUT THE RIGHT FOOT FORWARD TO PREVENT AND TREAT ARTHRITIS

Hidden away in socks and shoes at the end of our bodies, our feet can often be neglected and our foot health overlooked.

Local podiatrists offer preventative advice and treatments

The Society of Chiropodists and Podiatrists

All our member are HPC registered and adhere to The Society of Chiropodists and Podiatrists and national regulations.

What is Arthritis?

There are numerous forms of arthritis but Osteoarthritis (OA) and Rheumatoid Arthritis (RA) are common.

OA is the most common and is caused by trauma and stress to the cartilage around the joints which can be as a result of general wear and tear, or an injury. OA is very common in foot joints.

RA is one of the more severe types of arthritis although it is much less common. RA affects around 2 per cent of the UK population and is twice are prevalent in women than men. RA occurs when the body's immune system turns on itself, causing inflammation in the joint lining.

Arthritis Quiz

True or false? For each of these statements, mark if they are true or false: (answers on back)

1. There are many different types of arthritis.
2. Only elderly people get arthritis.
3. The foot is not usually affected by arthritis.
4. A podiatrist can help alleviate the pain of arthritis.
5. Osteoarthritis can occur in the toes.
6. A swollen, red, hot, painful joint of the foot can be a sign of arthritis.
7. Bunion deformity and hammer toe deformity can be a sign of arthritis.
8. If you have arthritis, there's not much that can be done to help.
9. Foot pain is normal as we age.
10. Exercise can help my arthritis.

What can you do?

Early detection: Arthritis is more easily treated if detected early. It is therefore important for people to self-monitor and be aware of any developing symptoms.

Regular exercise: Taking part in regular exercise and activity throughout your life is great for reducing the effects of arthritis however it's important that you choose low impact sports that don't bear heavily on limbs and joints. Activities such as cycling and swimming are great and over time can actually increase the thickness of the cartilage in the joints.

Footwear: Arthritis is caused by inflammation and wear and tear to the joints which may be caused or exacerbated by wearing high heels and unsupportive footwear. For general day wear, try to wear a low heeled, round toed shoe of around 2-3cm in height with shock absorbent sole and lace/strap to help minimise damage to the joints. When doing exercise, ensure you wear trainers that are fitted and designed specifically for that form of exercise.

Weight loss: Try to remain a healthy weight. Arthritis is caused by mechanical stress on the joints and extra weight can exacerbate the problem.

Diet: There is currently no conclusive evidence about diet and arthritis but expert's advice eating a healthy, balanced diet to limit any problems. A Mediterranean diet that includes lots of olive oil and Omega is said to be good for the joints. Dietary supplements such as glucosamine or chondroitin may help make the cartilage more resilient, but evidence is not yet conclusive.