



## Joint Health

While most of the commercials seen on TV address treatments for rheumatoid arthritis, it is a relatively uncommon problem. Only about 1 % of people will develop rheumatoid arthritis, whereas studies estimate over 80% of people over age 55 have some degree of osteoarthritis. With almost all of us destined to develop osteoarthritis (OA), what can we do to try to minimize the risk or minimize the symptoms once we develop OA?

### 1. Decrease weight

- A. Weight is the strongest modifiable risk factor for OA
- B. Estimated that for every 11 pounds of body weight gained the risk of OA of the knees go up 36%
  - i. Increased weight stresses the joints but it is more than that
- C. Obese patients have 3x the risk of OA of the hands so there appears to be cause and effect beyond the direct stress of the weight

## How Can I Lose Weight

### Simple Choices Can Help

- 1 pound of body fat = 3500 calories
- 12 ounce can of sugary soft drink = 150 calories
- 6" Flour tortilla = 110 calories
- 6" Corn Tortilla = 70 calories
- Average slice of sandwich bread = 80-90 calories



Using above as a guide, cutting out one can of soda each day would help you lose over 1 pound every month. Cutting out one tortilla/day, depending on type is about ¾-1 pound, same for a single piece of bread each day.

### 2. Increase exercise (but focus on low-impact exercise and stretching)

- A. Studies certainly support exercise to decrease risk of OA, stronger leg muscles have been shown to decrease the risk of OA of the knee.
- B. Normal joints are at increased risk of OA in absence of adequate exercise
- C. Normal joints are NOT at increased risk of OA upon exposure to repetitive, low-impact recreational exercise
- D. Normal joints ARE at increased risk of OA upon exposure to repetitive high-impact exercise (walking, stationary biking, swimming typically better choices than running)



## Starting an Exercise Program

### Talk to your doctor

Start out slowly, set realistic goals, and ensure the heart and rest of the body are able to handle the exercise

### Ensure Adequate Warm-up

Warm-up will increase circulation to increase temperature of the muscles and joints

Warm-up of 3-5 minutes for general population but 10-15 minutes recommended for people with arthritis

Type of warm-up exercises: march in place, half-speed bike/walk, range of motion and gentle stretching

### Exercise Itself

Aerobic exercise (majority of calories burned comes from this)

Try to get 150 minutes of aerobic exercise each week at a minimum

Build up slowly, start with walking for as little as 5 minutes/day if you have been doing nothing

Exercise daily

Low-impact exercises are better choices for the joints (walking, stationary bike, swimming, elliptical trainer)

### Strengthening exercises

May need to visit with a physical therapist or a personal trainer to ensure you are exercising safely to avoid injury

Can use weights, tension-bands, even your own body weight (such as squatting up/down out of a chair)

### Cool Down

Helps return your heart rate to just above normal without causing a sudden drop in heart rate or blood pressure

Slow down the speed of your aerobic exercise gradually for a few minutes

Gentle stretching can assist as well

### Stretching

Studies have shown that stretching is actually more effective at the end of exercising as the muscles are well warmed up by that point

Even when you are tired at the end of the workout take the time to stretch as it reduces soreness after a workout

## QPIC Corner

### Convenience of having a Primary Care Physician

- Same Day Urgent Care Appointments
- After hour appointments at select locations
- Saturday clinics at select locations
- Providers on call 24/7





Healthy Corner Recipe  
Healthy Joints  
Reader's Digest

### Chicken Salad with Watermelon and Peaches

Serves 4-6

Ingredients:

- 3 cups chopped cooked chicken
- 1 cup plain yogurt
- 1/2 cup mayonnaise
- 1 teaspoon dried dill leaf or
- 1 tablespoon fresh snipped juice from a lemon
- Dash of salt and pepper to taste
- 2 peaches seeded and chopped
- 2 cups chopped seeded watermelon



#### Directions:

1. Mix together the chicken, yogurt, mayonnaise, dill, lemon juice, salt & pepper, peaches and watermelon
2. Serve on your choice of roll



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