



THERE ARE
MANY
POTENTIAL
RISK
FACTORS
FOR OA, AND
THERE ARE
CAUSES OF
CARTILAGE
LOSS IN OA
OTHER THAN
TRAUMA AND
AGE.

OA MOST
COMMONLY
AFFECTS THE
KNEES, HIPS
AND HANDS
-THOUGH
CAN AFFECT
ANY JOINT

OUIDANCE
PROMOTES A
HOLISTIC
APPROACH,
WITH PHYSICAL
ACTIVITY,
EDUCATION
AND WEIGHT
LOSS AS KEY
COMPONENTS.

OA IS HIGHLY
HERITABLE,
AND THE
PATTERN OF
JOINTS
AFFECTED
ALSO SHOWS
HERITABILITY FAMILY
HISTORY IS
KEY!

COMORBIDITIES
OFTEN AFFECT
WHICH
THERAPIES ARE
APPROPRIATE
AND AVAILABLE
FOR PATIENTS.



THE MDTEA PODCAST PROVIDES EDUCATION ON AGEING FOR ALL HEALTH AND SOCIAL CARE PROFESSIONALS WORKING WITH OLDER ADULTS.

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