



# osteoarthritis



**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**

**NICE GUIDANCE 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.**