What is Arthritis?

Arthritis is a group of musculoskeletal conditions that cause inflammatory in joints which causes pain, stiffness and deformity. There are more than 100 types of arthritis and musculoskeletal conditions but the main three that the NHPA looks at are osteoarthritis, rheumatoid arthritis and osteoporosis.
OSTEOARTHRITIS

Basically it is a gradual loss of cartilage due to inflammation and breakdowns. It occurs in people over 40 years of age usually and is more common among woman.
Is a autoimmune disease that causes chronic inflammation in joints as well as organs in the body. Autoimmune diseases occur when the body’s tissue is mistakenly attacked by it’s own immune system.
Normal Joint
- Muscle
- Bone
- Bursa
- Synovial membrane
- Synovial fluid
- Joint capsule
- Cartilage

Osteoarthritis
- Bone ends rub together

Rheumatoid Arthritis
- Bone erosion
- Thinned cartilage
- Swollen inflamed Synovial membrane

Normal and Arthritic Joints
Why is it a NHPA priority?

Arthritis Is a NHPA priority because it is highly prevalent and a huge contributor to illness and disability. Also it places a huge burden on the community as it uses the hospitals and primary care services.
Statistics why it is a priority

Arthritis effects 3.1 million Australians which is 15%.
Osteoarthritis affecting 1.6 million 8% which is the most common type.
rheumatoid arthritis affects 2% of Australians

Arthritis and musculoskeletal conditions are a major cause of health expenditure. In 2004-05, they accounted for a total of $4.0 billion in direct expenditure in Australia, the third largest out of all diseases.

Osteoarthritis accounted for about 30% of this expenditure ($1.2 billion), while $175 million was spent on rheumatoid arthritis.
Arthritis and musculoskeletal conditions were estimated to account for 4% of the disease burden in Australia in 2007-08, in terms of disability-adjusted life years (DALYs).

Musculoskeletal conditions were the fourth most commonly managed problem by GPs in 2007-08, accounting for 11.4% of all problems managed.

Arthritis and musculoskeletal conditions are estimated to account for only 0.6% of Australia's YLL in 2010. However, they are estimated to be responsible for 7.7% of Australia's YLD. Including both deaths and disability, measured in terms of DALYs, they are expected to account for around 4% of the national disease burden in 2010.
Biological

Genetics a family history is a risk factor for some musculoskeletal conditions including osteoarthritis and osteoporosis.

Age – is more common among the elderly, but does occur at any age.

Sex- is more prevalent among woman.
Behavioral

Smoking - Smoking is seen as a risk for some musculoskeletal conditions like osteoporosis and rheumatoid arthritis.

Poor diet - low calcium intake will effect osteoporosis

Physical inactivity - joints seize up which increases arthritis
Occupation- where you work has a massive influence on arthritis if you work in a mine you are more likely to develop arthritis as cartilage in your joints will wear down compared to an office worker.
Costs Individual

Individual

Indirect: Loss of income due to not being able to do physical work eg: if you are a tradie.

Direct cost: Pay for treatment, creams and injections.

Intangible: Lots of discomfort and pain.
COSTS COMMUNITY

Direct: Arthritis costs Australia about $4 billion each year which is the 3rd highest out of all conditions. This includes creams, injections and operations.

Indirect: loss of productivity in community and loss of income which means less money spent at local businesses
Prevention

Eat healthy because a balanced diet will maintain healthy weight and therefore will put less pressure on all your joints.

Regular exercise to strengthen muscles around joints which will increase bone density.

Stretching will help with muscle tone and will help boost the range of motion in joints.

Drink enough water as cartilage is made up of 70% water. 8 cups of day is recommended.
Arthritis Victoria's Waves program provides gentle warm water exercise classes that offer a general workout for the whole body. All classes are held in hydrotherapy pools across Melbourne, where the water temperature is 32 to 34°C. The Waves classes are not intended to be therapy or to provide individualised treatment for a specific problem. All participants follow the same general exercise program.
Warm water exercise is a comfortable and effective way for people with arthritis to be physically active. The warmth of the water helps relieve stiffness and pain, buoyancy reduces the weight on your joints as well as giving them support and protection, while the resistance of the water makes your muscles work. In the water you can work at your own pace to gradually improve joint mobility, muscle strength and general health and fitness.