

# Healthy Living WITH ARTHRITIS

**ARTHRITIS FOUNDATION**  
 Take Control. We Can Help.™

UTAH DEPARTMENT OF HEALTH  
 Arthritis Program

**THE ORTHOPEDIC SPECIALTY HOSPITAL**  
 IHC A Service of Intermountain Health Care

## “Healthy Living with Knee Arthritis”

The Orthopedic Specialty Hospital

# Healthy Living WITH ARTHRITIS

## “The Arthritis Team”

Primary Care Physician

Physical Therapist

Nutritionist

Orthopedic Surgeon

# Healthy Living WITH ARTHRITIS

## What is Arthritis?

- “Wear and Tear”

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## What is Arthritis?

- “Why is it painful?”

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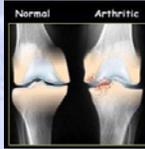
## Why Diagnosis Important?

- Is it arthritis?
- Explore treatment options
- Optimal pain relief!

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## Making the Diagnosis

- Pain everyday
- Lifestyle
- Swelling
- Stiffness
- Deformity
- X-ray
- MRI



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## Treatment Options

The right combination for you

- Medications
- Injections
- Physical therapy
- Weight loss
- Nutrition consult
- Surgery



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## Medications

- Why?
  - Decrease
    - Pain
    - Swelling



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## Medications

- Over the counter meds

“1st Generation”



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## Medications

- Prescription meds
  - “2nd generation”



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## Injections



Corticosteroids



Viscosupplementation

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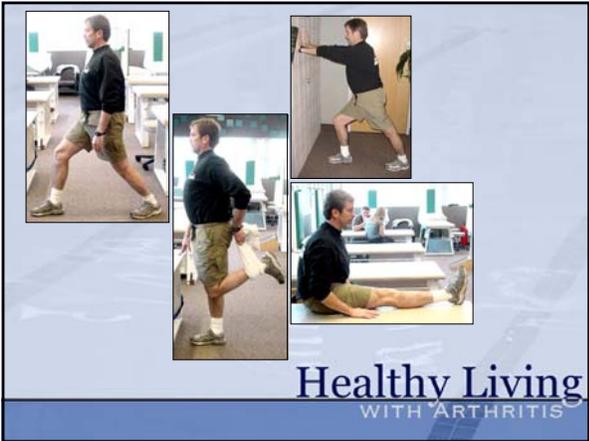
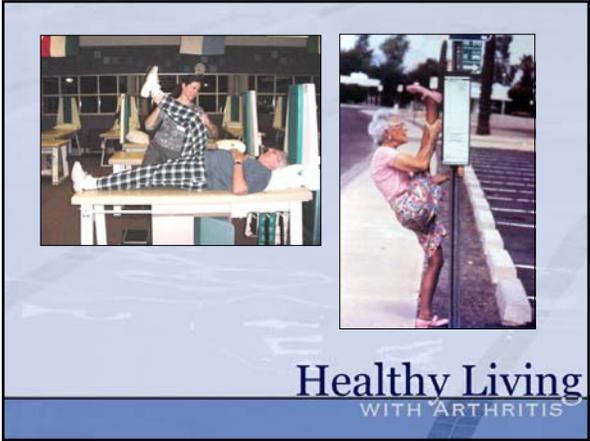
# Physical Therapy

- ## Physical Therapy Evaluation
- Flexibility
  - Strength
  - Walking Pattern
  - Shoes
  - Weight
  - Lifestyle
  - Goals

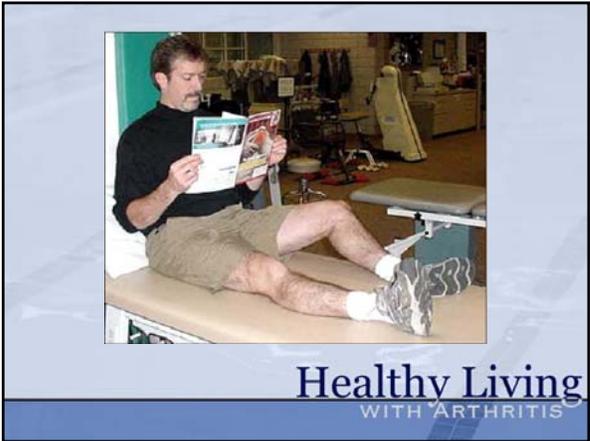
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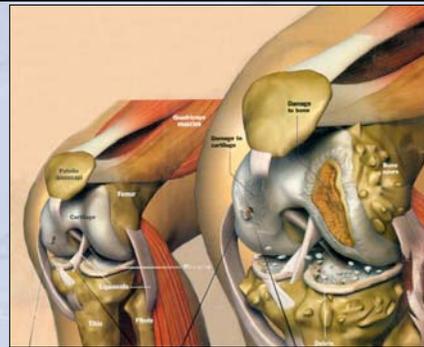
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Before you strengthen.....

Polish the joint



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Slow, rhythmic, light resistance

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Strength



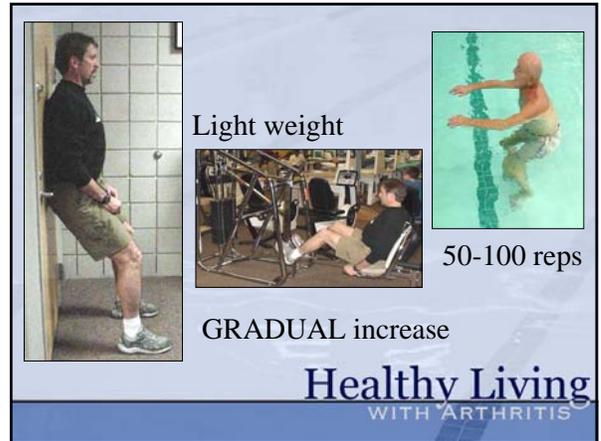
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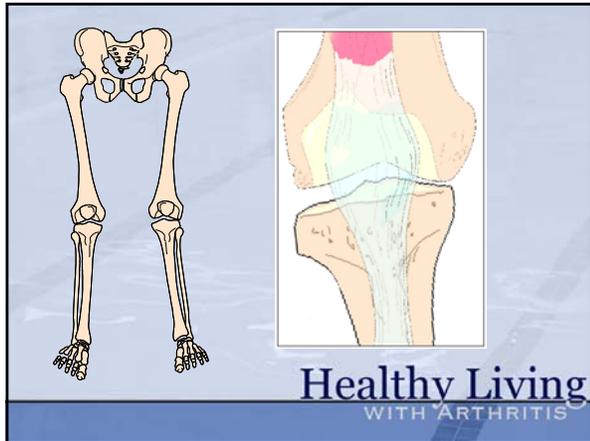


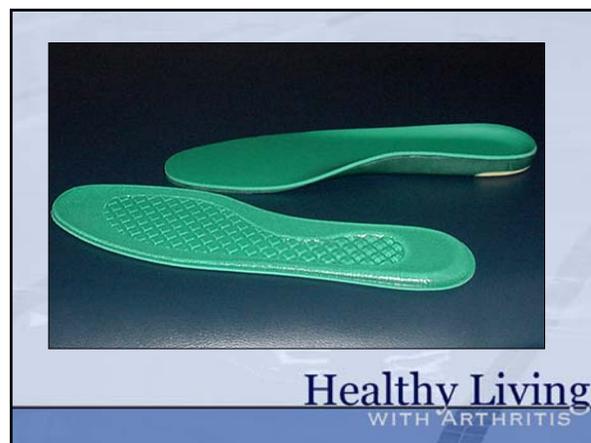
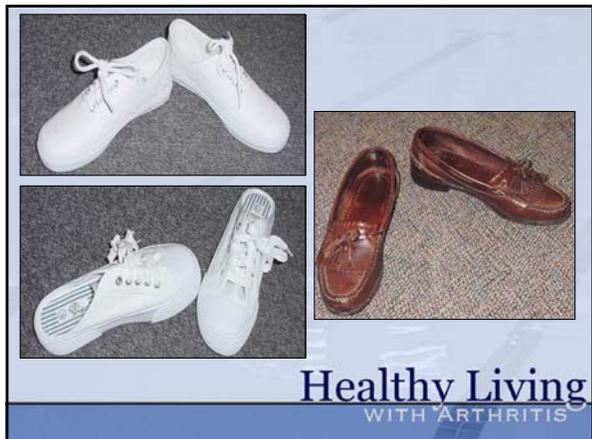
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### Body Weight

For every 1 pound of body weight you lose, it takes 4 pounds of pressure off your knees.

Losing 10 pounds  
**takes 40 pounds of pressure off your knees.**

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According to the Arthritis Foundation.....

Middle aged and older women who lose 11 pounds or more over a period of 10 years cut their risk of developing knee arthritis in half.



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### Lifestyle

What activities can you do successfully now?

What activities would you like to do?

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## Pace Yourself to Prevent Pain and Stiffness

- Create a manageable schedule
- Alternate heavy tasks with light tasks
- Change positions frequently
- Plan rest breaks during your activities

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The collage consists of three photographs. The largest photo on the left shows a man in a black shirt and khaki shorts riding a stationary exercise bike. To the right are two smaller photos: the top one shows a man in a dark shirt and khaki shorts walking while carrying a white shopping bag, and the bottom one shows a man in a dark shirt performing a floor stretch on a wooden floor.

Modify Activities



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A man wearing a white t-shirt and blue pants is walking a black dog on a leash in a grassy park area. The background shows a building and trees under a clear sky.

Modify Activities



The collage features three photographs. The leftmost photo shows a woman in a pink shirt pushing a stroller with a child on a path. The middle photo shows a child and an adult walking on a snowy path with ski poles. The rightmost photo shows two people wearing helmets riding bicycles on a path.

Modify Activities



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A vibrant, stylized illustration depicting various winter sports. It shows people skiing, snowboarding, and ice skating in a snowy landscape with buildings in the background.

Modify Activities



The collage contains two photographs of tennis. The left photo shows two women in white athletic wear playing tennis on an outdoor court. The right photo shows a man in a white shirt and dark shorts playing tennis on an indoor court.

Modify Activities



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A colorful illustration of people skiing down a snowy mountain slope. The skiers are wearing various winter gear, and the scene is bright and active.

## Modify Activities



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## Modify Activities



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## Modify Activities



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## Apply Heat and/or Cold

Heat – increases blood circulation

Cold – decreases inflammation and pain

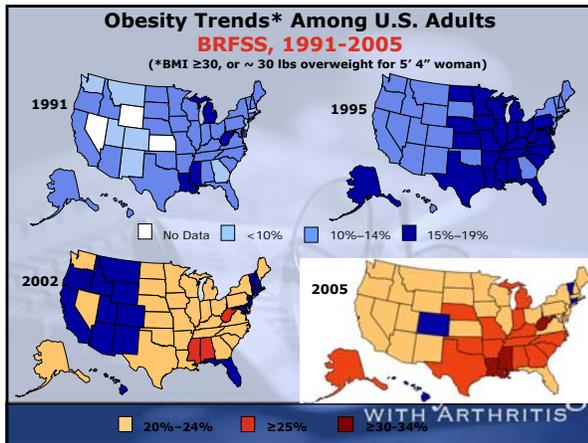
15 minutes maximum

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## Nutrition



TOSH Nutrition Team



## Attaining a healthy body weight

Too much weight:

- Increases load on joints
  - 10 lbs overweight increases load on knee by 30-60 lbs w/ each step
- Worsens arthritis
- Post-surgery complications
- Increases the risk of diabetes, heart disease



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## Weight Control: Understanding the energy balance equation

**ENERGY in**

Eating too much



**ENERGY out**

Moving too little

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## Tasty and Healthy Eating for Life

- **Color** from fresh fruit & vegetables
- **Real** whole grains
- **Wild** Fish
- **Organic** turkey, chicken, eggs
- **Lean** red meat
- **Low fat**, unsweetened dairy
- **Unprocessed** soy
- **Flavors** from nuts, seeds, dried fruit, herbs, spices, olives, capers, delicate oils, cheese
- **Your Favorites**



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## Color from Veggies & Fruit



Soups



Salads



Veggies

**Buy them local!**  
**Buy them organic!**  
**Eat them fresh!**  
**Eat them daily!**

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## Add Flavors to Your Plate!

- Olive oil
- Vinegars
- Lemon juice
- Herbs
- Pesto
- Hummus
- Salsa
- Nuts & Seeds
- Cheese
- Fruit
- Avocado
- Sea salt
- Pepper



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## Color and Flavor Your Snacks!



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## Combine Protein with it!



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## Eat Real Grains!



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## Trans Fats & other Cheap Ingredients in our Food (processed from corn, soy, cotton, wheat)

**TRANS FAT**  
Chemically processed vegetable oils with bad effect on blood lipids!

**HIGH FRUCTOSE CORN SYRUP**  
Chemically processed sugar from corn: sweetest, cheapest, and worst sugar!

*Check the ingredient list!*  
**Granola Bar**  
Ingredients: enriched flour, sugar, soybean oil, partially hydrogenated soy and corn oils...

*Check the ingredient list!*  
**Granola Bar**  
Ingredients: enriched flour, high fructose corn syrup, sugar, palm oil, coconut oil

So...is it all good for us if it is trans fat and HFCS free??



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## Eat Real Food – Avoid the Junk!

**GROCERY STORE:**  
AVOID THE MIDDLE

**PRODUCTS:**  
AVOID LONG INGREDIENTS LIST  
AVOID TRANS FATS  
AVOID HFCS  
AVOID NON-FAT & LIGHT

**RESTAURANT:**  
AVOID FAST FOOD  
AVOID FRIED FOODS  
AVOID SUPER-SIZED MEALS



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## Inflammation: Food is Medicine!

• DAMAGING...



• HEALING...



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## More Healing Foods & Flavors

Reduce damage and inflammation

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## Enjoy your Favorites in small amounts

### A Little HANDFUL

**TIPS FOR FAVORITES...**  
 Favorite "little" dish!  
 Enjoy without distraction!  
 Enjoy it slowly!  
 Don't let it become a habit!  
 Pair it with fruit!  
 Pair it with yogurt!  
 Get on with your day!

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## What to Drink and How Much...

3 to 5 TIMES A DAY

NO SUGAR...NO CALORIES...NO CAFFEINE...  
MAKES YOUR CELLS HAPPY

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## Healthy Eating – Healthy Living

Be Physically Active	Color!	Consider Organic!	Cook & Eat Together
	Flavor!	Buy Local!	
	Make healthy eating a priority!		
	Reduce Portion Sizes	Eat Out Wisely	
Be Physically Active	Veggies, Soups, Salads	Eat Slowly!	Cook & Eat Together
	Eat Breakfast	Be Consistent	
	Monitor your Progress!	Eat Intuitively	
	Stop Multi-tasking!		

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## Drug – Nutrient Interactions

NSAID

- Avoid alcohol!
- Aspirin: increased need for fluids, folate, and vitamin C
  - Increase fruit and vegetables!
  - Increase daily fluid intake ~10 cups/day
- Attention with anti-coagulants: garlic extract, ginger, ginkgo, horse chestnut, vitamin E

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## Resources

Weight Loss Community Class & individual consults for weight loss call IHC at: 314-2918

**Great Food Books:**  
*Mindless Eating:* Wansink  
*Hope's Edge:* Moore Lappe  
*Harvest for Hope (A Guide to Mindful Eating):* Goodall  
*Ending the Food fight:* Ludwig and David/Rostler  
*The Eco Foods Guide:* Barstow  
*The Omnivore's Dilemma:* Pollan  
*What to Eat:* Nestle  
*Intuitive Eating:* Tribole and Resch  
*Volumetrics:* Rolls and Barnett  
*Healthy Aging:* Weil  
*Slow Food Nation:* Petrini  
*Food Fight: Citizen's Guide to a Food and Farm Bill:* Imhoff

**Cookbooks & Magazines**  
*The Healthy Kitchen:* Weil and Daley  
*The Wellness Kitchen:* UC Berkeley  
*Small Plates:* Marceau-Henderson  
*Keep it Seasonal:* Wayte  
*With a Measure of Grace:* Spalding and Castle  
*Spices of Life:* Simonds  
*Eating Well Magazine* (quarterly publication)

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### Arthroscopy

- Joint clean-up
- Symptom relief  
50-90%  
6-24 months

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### Cartilage Restoration

Cultured cartilage cells injected under bone lining flap

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### Osteotomy

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### Total Knee Replacement

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### Unicompartmental

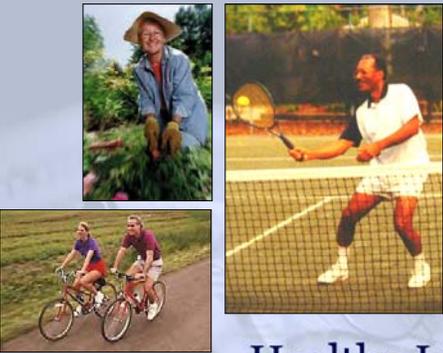
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## Post Surgical Physical Therapy

- Knee motion
- Walking
- Strengthening

Any physical therapy and nutritional modifications done before surgery can improve your rehab following surgery

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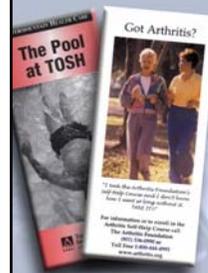
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## Question and Answers

- Physician
- Physical Therapist
- Nutritionist
- Surgeon
- Utah Arthritis Program Resource Specialist

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## What can you do now?



- Group classes in the pool
- Land exercise classes
- Self help home study

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## Contact Information

- Dr. Trawick– 314-4345
- Ali Gardner, MPT – 314-4040
- Holly Doetsch, MS, RD – 314-4163

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