

Arthritis Day 2017



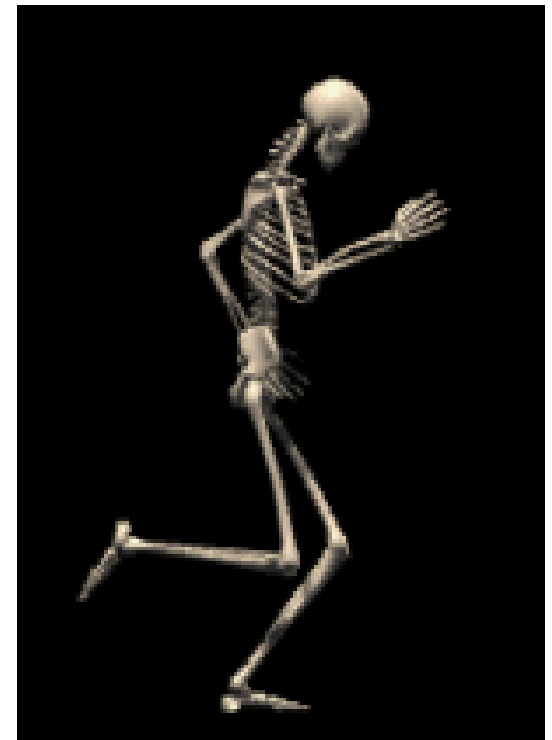
SPARSH

HOSPITAL

THE TOUCH OF LIFE

Bones In Human Body

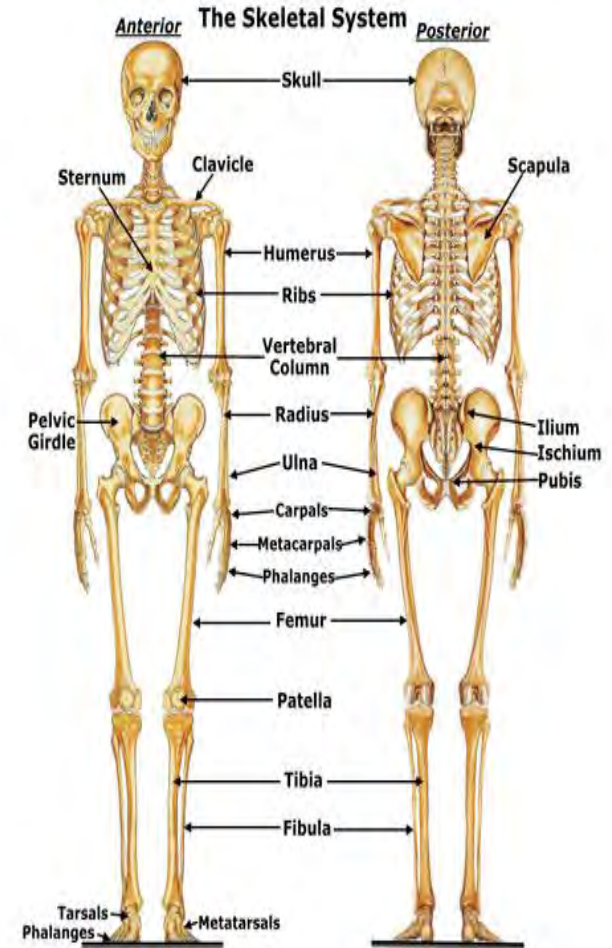
The human skeleton is the internal framework of the body. It is composed of 270 bones at birth – this total decreases to 206 bones by adulthood after some bones have fused together. The bone mass in the skeleton reaches maximum density around age 30



Skeletal System Bones

Four Basic Bone Shapes

1. Long- arms, legs and fingers
2. Short- wrist and ankles
3. Flat- skull and sternum
4. Irregular- spine

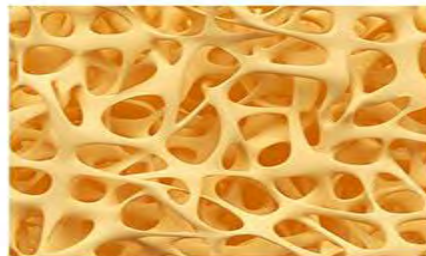


What Is Arthritis ?

- Arthritis is a condition that affects the body's joints
- Causes pain, swelling, stiffness & fatigue
- Can severely affect quality of life
- Physical impairment
- No known cure



Normal Bone



Osteoporosis

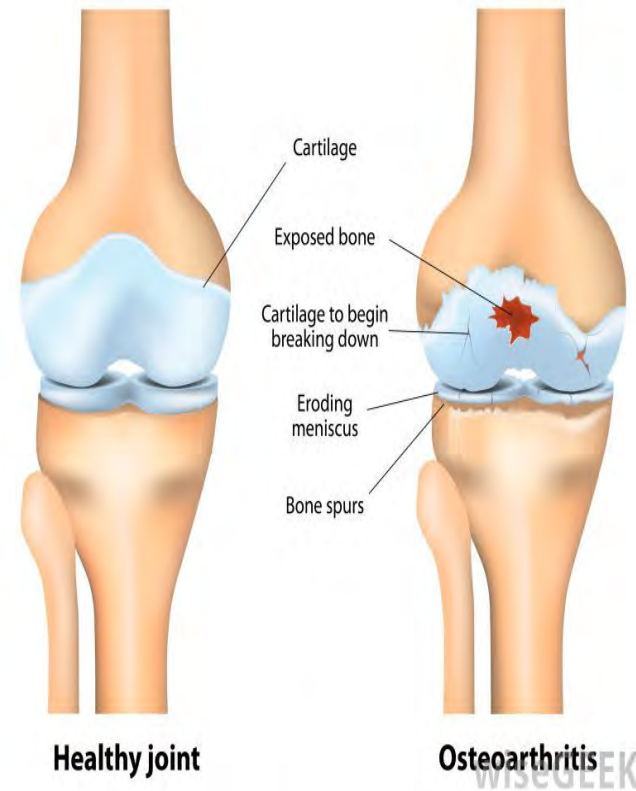


Osteoarthritis (OA)

Develops Overtime

- ‘Wear and tear’ arthritis
- Risk factors: obesity, past joint injury and genetics
- Occurs > 50 years of age
- Affects hands, knees, hips, feet and spine

OSTEOARTHRITIS



Rheumatoid Arthritis (RA)

- Inflammatory condition
Flare-up's
- Causes pain and loss of strength in joints, tiredness and stiffness
- Hands, knees, feet and shoulders are affected among other joints
- People with this condition are more likely to develop heart disease and osteoporosis



©Chaowalit Seeneha / Shutterstock.com

What Causes Inflammation?

- Obesity
- Genetics and family history
- Lack of moderate exercise
- Stress
- Diet
- Age





**Arthritis
Foundation**



NUTRITION AND ARTHRITIS

Diet and Inflammation

- Pro-Inflammatory Foods
- “Damaged fats”
- Food high on the Glycemic index

Anti-Inflammatory Foods

- Healthy fats
- Whole foods
- Vitamin D



Managing Arthritis

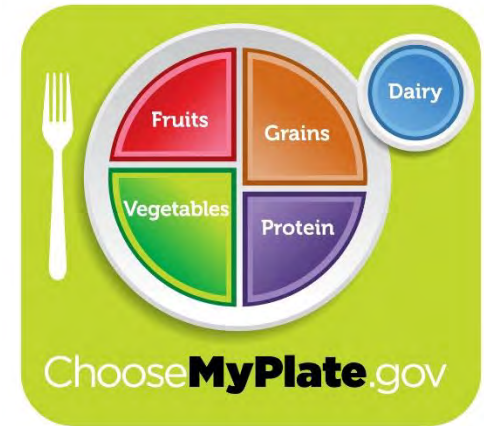
Three main tactics :

- Control symptoms
- Get moving
- Maintain a healthy weight



How Does A Healthy Diet Affect Arthritis?

- Symptom reduction
- Weight control
- Immune system support
- Protection from chronic illness



What is a “Good” Diet?

- Eat a variety of healthy foods.
- Maintain a healthy weight.
- Include more calcium & vit D rich foods
- Eat fat and cholesterol in moderation.
- Eat plenty of vegetables, fruits, and wholegrains.
- Use sugar and salt in moderation.
- Consume your daily requirements of vitamins and minerals through fruits & vegetables.



Recommended Calcium Intakes

Life-stage group	mg/day
Infants 0 to 6 months	200
Infants 6 to 12 months	260
1 to 3 years old	700
4 to 8 years old	1,000
9 to 13 years old	1,300
14 to 18 years old	1,300
19 to 30 years old	1,000
31 to 50 years old	1,000
51- to 70-year-old males	1,000
51- to 70-year-old females	1,200
70 years old	1,200
14 to 18 years old, pregnant/lactating	1,300
19 to 50 years old, pregnant/lactating	1,000

Source: Food and Nutrition Board, Institute of Medicine, National Academy of Sciences, 2010.

Calcium sources



1 cup cooked leafy greens =
200-350mg

1 cup beans =
120-180mg



1 tbs sesame seeds =
90mg



20 almonds = 60mg

2 tbsp chia seeds =
200mg



1 orange = 70mg



8 sardines = 370mg

6 brazil nuts =
40mg



Quick question: Why are we so obsessed with the idea of getting calcium from milk?



1 cup milk =
276 mg calcium
(28% DI)



100 g sesame
seeds =
989 mg
(99% DI)



100 g chia
seeds =
635 mg
(64% DI)



100 g
winged beans =
442 mg (44% DI)



1 cup
almonds =
367 mg
(37% DI)



100 g
fried tofu =
372 mg
(37% DI)



100 g turnip
greens =
190 mg
(19% DI)



1 cup
bok choy =
158 mg
(16% DI)



5 dried figs =
135 mg
(14% DI)



1 herring
fillet =
106 mg
(11% DI)



1 tbsp ground
savory =
88 mg
(9% DI)



1 cup
broccoli =
74mg
(7% DI)



1 cup orange juice =
72 mg (7% DI)

Table. Current recommended dietary allowances for vitamin D.

Life stage	Recommended dietary allowance per day	Tolerable upper intake level per day
0–6 months	400 IU*	1000 IU
6–12 months	400 IU*	1500 IU
1–3 years	600 IU	2500 IU
4–8 years	600 IU	3000 IU
9–70 years	600 IU	4000 IU
Pregnant or lactating	600 IU	4000 IU
> 70 years	800 IU	4000 IU

*The listed RDA values for infants from 0 to 12 months are actually adequate intake values, based on lack of sufficient evidence to generate RDA values.

Foods High in Vitamin D



Fish



Egg yolk



Meat



Fortified beverages, cereals and milk

©Nutrientsreview.com

Foods And Herbs For Arthritis And Other Inflammatory Pain



Turmeric

Circumin, the active compound in this spice, is what makes it so powerful for healing.



Cherries

Contain substances called anthocyanoside which are very effective at lowering uric acid levels.



Ginger

Prepare by making a tea from the roots.



Pineapple

Contains the anti-inflammatory bromelain



Omega-3 Foods

Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.



Raw Apple Cider Vinegar

Pour a tablespoon or two into four to eight ounces of purified water.

4
SIMPLE
ACTIONS
FOR HEALTHIER
JOINTS



DIET
Fruits, fish, legumes
for Calcium &
Vitamin C



EXERCISE
Walking, cycling, swimming,
running to strengthen
muscles



SLEEP
7 Hours to rest
the muscles



FACE THE SUN
Excellent source of
Vitamins D & B12