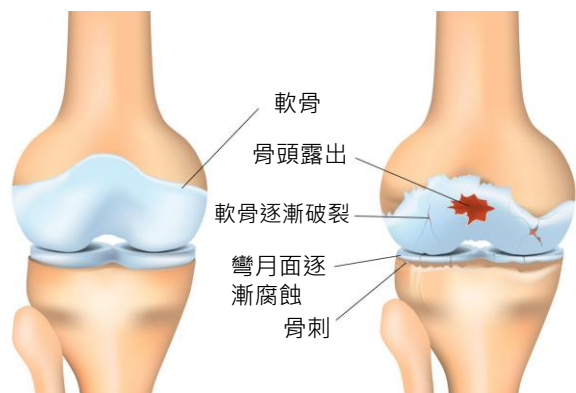


什麼是骨關節炎？

- 骨關節炎 (OA) 是一種慢性和不可逆轉的關節疾病，會影響膝蓋、臀部、腰背部、頸部以及手指等部位。



健康關節

骨關節炎

- 關節之間的軟骨破裂會隨著時間和骨頭間的彼此摩擦而引起炎症和疼痛。骨關節炎會增加骨裂的風險，而破裂的骨碎片更有可能造成進一步的損傷。
- 炎症可能會導致肌肉表現下降，從而增加跌倒的風險。

誰會受到影響？

- 在美國，有2700萬65歲以上人士受到影響
- 50%的人可能會出現膝骨關節炎
- 有關節創傷的年輕人有機會患上骨關節炎

骨關節炎有 哪些症狀？

- 在早上或休息後感到疼痛和關節僵硬（膝蓋、臀部、腰背部）
- 運動或活動後關節可能會腫脹

改善骨關節炎的方法

- 運動可以減輕關節疼痛和僵硬
- 控制體重或減肥，可以減輕關節的壓力
- 熱敷或冷敷關節，可減輕關節疼痛和腫脹
- 營養補充劑，例如：氨基葡萄糖和硫酸軟骨素有助於紓緩病情



骨關節炎的飲食建議

根據一項涉及4,421名男性和女性的研究：
跟隨含有高脂肪、高鈉和精製糖的飲食法的
參加者，因骨關節炎而跌倒的可能性高出
37%。男性患骨關節炎的風險比女性高4倍。

攝取抗炎食物：

- 三文魚
- 牛油果
- 橄欖油
- 核桃
- 芝麻
- 綠茶
- 莓類
- 深綠色葉的蔬菜
- 生薑
- 咖哩粉



- 限制炎性食物的攝取，例如：油炸、高鈉、精製糖和紅肉



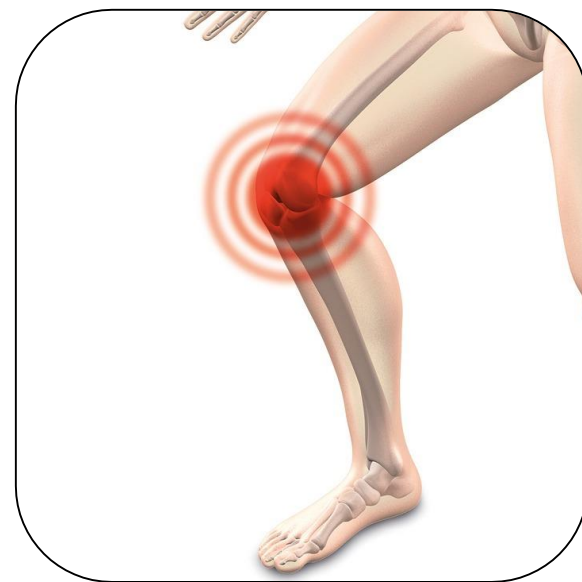
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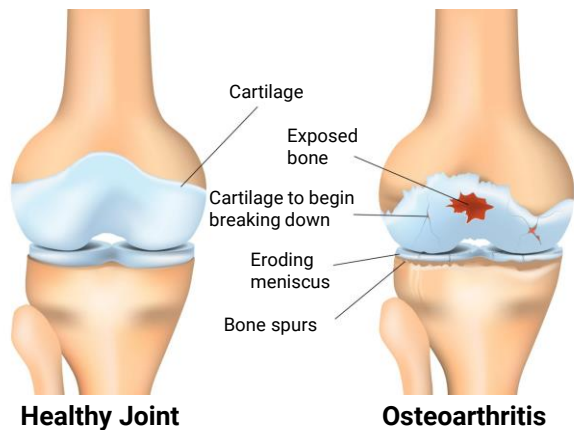
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關注 關節健康 遠離 骨關節炎



What is Osteoarthritis?

- Osteoarthritis (OA) is a chronic, irreversible joint disease affecting areas such as the knees, hips, lower back and neck, and fingers.



- OA causes cartilage between the joints to break down, which leads to inflammation and pain as bones rub against each other over time. OA increases the risk of bone breakdown, and fragments of chipped bone may create further damage.
- Inflammation may lead to decreased muscle performance, which increases the risk for falls.

Who does it affect?

- OA affects 27 million Americans who are age 65 or older
- 50% of individuals may develop knee OA
- Younger individuals may develop OA after joint injuries

What are the symptoms?

- Pain and stiffness of joints (knees, hip, lower back), usually in the morning, or after resting for a long period of time
- Swelling and tenderness of joints after exercise or physical activity

Living with Osteoarthritis?

- Exercise can reduce joint pain and stiffness caused by OA
- Weight control or weight loss can reduce stress and tension of joints
- Using heat and cold therapies can reduce joint pains and swelling
- Taking nutritional supplements may improve symptoms in some people



Foods for Osteoarthritis

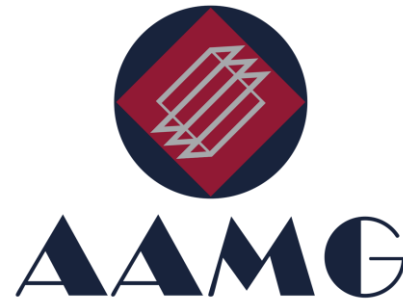
Based on a study involving 4,421 men and women, those who ate an inflammatory diet high in fat, sodium, and refined sugars were 37% more likely to suffer from falls related to OA. Men were at risk for OA-related frailty 4 times higher than women.

Consume anti-inflammatory foods:

- Salmon
- Avocado
- Olive oil
- Walnuts
- Sesame seeds
- Green tea
- Berries
- Dark leafy green vegetables
- Ginger
- Curry Powder



- Limit inflammatory foods that are fried, high in sodium, refined sugar, and red meat.



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Osteoarthritis & Nutrition

