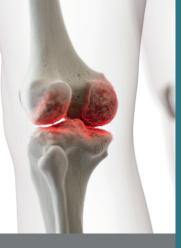
## Osteoarthritis





The global prevalence of osteoarthritis is increasing, and the disease burden will continue to rise<sup>1</sup>



It is one of the most common causes of disability in older adults<sup>1</sup>



The medical costs of osteoarthritis in high-income countries is **between 1% and 2.5%** of gross domestic product<sup>1</sup>

## Osteoarthritis is characterised by:1,2







Joint swelling

Stiffness

Instability in the hands, hip or knee joints

Painful joints



There are no treatments available that stop or even reverse osteoarthritis<sup>5</sup>

Current treatment
options do not
adequately meet
patient needs with
regard to pain burden
and may cause
adverse side effects<sup>2</sup>



Management of osteoarthritis should be tailored to the individual patient<sup>1</sup>

Management options include:<sup>3,4</sup>



**Pharmacotherapy** 



Rehabiliative therapy



Surgical procedures



Lifestyle modifications



Alternative therapy



Devices / supportive materials



1. Hunter H & Bierma-Zeinstra S. Lancet. 2019;393:1745–59. 2. Arden N et al. Atlas of Osteoarthritis. Second edition. London: Springer Healthcare; 2018. Available at: http://www.esceo.org/sites/esceo/files/pdf/Atlas%200f%20Osteoarthritis15032018.pdf. Accessed February 2020. 3. Zhang W & Doherty M. Br J Sports Med. 2006;40(8):664–9. 4. Hochberg MC et al. Arthritis Care Res. 2012;64:465–74. 5. Hunter DJ et al. Nat Rev Rheumatol. 2011;7:13–22. 6. De l'Escalopier N et al. Ann Phys Rehabil Med. 2016;59(3):227–33.

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