

Arthritis

Arthritis is literally inflammation (-itis) of a joint (arthro). This can occur for a bunch of different reasons.

There is the “wear and tear” arthritis called osteoarthritis, and this is caused by simply overusing a joint to the point of bone on bone contact. This happens when the cartilage is slowly worn away.

There are many types of inflammatory arthritis, not the least of which is “gout”. This occurs when the level of uric acid in your blood rises and either the kidney doesn’t excrete enough of it or you are producing too much. There are many different anti-inflammatory medicines and uric acid modifier medicines to handle this problem. The key is to treat this early so the joint does not get destroyed by the uric acid crystals. My parameter for treatment is chronic high uric acid or multiple attacks in 1 year.

Some of the worst types of arthritis are what we call “Auto-Immune”. In these cases, the patient’s own immune system turns on the joints and tries to destroy them. These are “Rheumatoid arthritis”, “Crohns Disease”, “Scleroderma”, and many others. The treatments vary but all will try to shut down the immune system to prevent the destruction of the joints.

Arthritis is very common in the USA. A lot of us are sedentary and this is particularly bad for joint health. We need to stretch every day in order to alleviate abnormal stresses on joints and very few of us are willing to take the few minutes a day this requires. If you have questions about stretching please ask me and I will help you with a quick routine for daily prevention.

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