



Press Release

## Arthritis weakens the foundational base of the human body by depleting the power of joints

Arthritis is a form of disease, which causes painful inflammation and stiffness in the points where the bones meet

Reports show that cases of arthritis have been on a rise in women when compared to men and obese individuals

**On World Arthritis IMA & HCFI warn** how arthritis is causing loss of flexibility in the wrists, hands, knees and ankles of women under 30

**New Delhi, 12<sup>th</sup> October 2016:** Your body becomes what you wish to make it, but sometimes, even after taking necessary precautions you can't protect it from something as important as joint inflammation and pain. As we know, a joint is where two bones meet and our body is held together by a variety of those joints. They make our body flexible by lubricating our bones to cause them to move without friction. But we still tend to forget how these joint help us during our daily lives by simplifying all our day-to-day activities. As a result, this frequent usage makes our joints a little more prone to the overuse and ligament tear casualties. Apart from all this, our joints become vulnerable to a severe disease known as Arthritis. As we age, we often report symptoms of pain, inflammation, stiffness and swelling in our joints, which happen very much due to arthritis.

Osteoarthritis (green flag) and inflammatory (red flag) arthritis are the two most common types of arthritis. The former happens due to wear and tear of muscles, and the latter happens due to continuous attacks on an individual's immunity system. The onset of arthritis is described by dull aching pain in the knees. The pain worsens when an individual does a physical activity or makes other movements.

Speaking on the issue, **Padma Shri Awardee Dr. KK Aggarwal, President HCFI & National President Elect IMA**, "It's all a myth if you think arthritis affects only those above 60 or men specifically. An increased number of rheumatoid arthritis cases in women and juvenile arthritis in youngsters and children are being reported. However, the exact cause of the soaring numbers is not known".

Rheumatoid arthritis in women who are between the ages of 20-40 causes inflammation in multiple joints while older women complain about knee osteoarthritis, which happens due to the wear and tear of the knee joints. Osteoarthritis is preventable and manageable; all you need is a lifestyle change. One must follow a healthy diet, which includes Vitamin C and calcium, and a regular exercise routine. Try to indulge in a variety of leg strengthening and balancing exercises, these will enhance the elasticity of your bones and will not cause them to



become stiff. The most integral part is to keep your body weight in check. The problem becomes severe in patients who are obese and overweight.”

Osteoarthritis can be compared to rusting of a door joint and rheumatoid arthritis to termites affecting the joints.

In osteoarthritis one will get pain on walking and in rheumatoid arthritis the pain will become less on exercise.

**Follow these to beat arthritis:**

- Exercise routinely to maintain the flexibility of the bones
- Don't smoke as it can lead you to develop rheumatic arthritis
- Consume a low-fat diet; increase the consumption of whole grains, fruits and vegetables. People who eat such foods are on a low risk of developing arthritis
- Consume more of vitamin C if you are arthritis, patient. The best sources of vitamin C are strawberries, kiwi, pineapple, kidney beans, cabbage and cauliflower
- People who consume Omega 3 have fewer chances of developing swelling and stiffness in the joints. The best sources for the daily dose of Omega 3 are salmon, trout, sardines, mackerel and anchovies. And if you are a vegetarian, then walnuts, fish oil supplements and flaxseed are some of the options

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**About Heart Care Foundation of India**

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

**For more information, please contact**



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