

ASK YOUR DOCTOR

Active Aging In The Face Of Osteoarthritis

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(NAPSA)—Do you tend to

avoid exercise for fear your aging joints may be prone to stress during the twists, turns and pounding of many sports? Unfortunately, many aging weekend warriors begin to shy away from



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physical activities—even those they used to enjoy—because they are afraid exercise will make them feel worse, not better.

In fact, exercise can help reduce the pain and stiffness seniors often experience. The key is picking the right activity. While it's true that high-impact activities like running, tennis and basketball can aggravate pain, it's also true that low-impact activities like swimming, cycling and yoga can actually lessen joint discomfort and improve flexibility. Aerobic exercises (such as swimming) curb weight gain, which stresses joints, while range-of-motion exercises (such as yoga) build strength, which protects joints.

Early diagnosis of such conditions as osteoarthritis (OA) is also vitally important—lifestyle changes work best during OA's earliest stages. OA is the most common type of arthritis in the United States, affecting over 33

million people. Unfortunately, when OA advances, it can result in major disability. Even normal movements such as walking, bending and climbing steps can become painful.

That's why it's so important to see your doctor if you notice symptoms of knee OA including stiffness, pain and swelling. Together, you can develop a treatment plan that includes appropriate exercise and, if necessary, medications such as over-the-counter pain relievers or prescription anti-inflammatories.

One treatment option for knee pain caused by osteoarthritis is EUFLEXXA® (1% sodium hyaluronate). EUFLEXXA is an injectable prescription medication that replenishes the fluid found in the knee, allowing for easy movement with little to no side effects. Combining treatments such as EUFLEXXA with exercise and weight loss can be especially effective in helping to relieve OA knee pain.

Physical activity provides enormous benefits to older adults. Exercise prevents disease, lightens mood, improves balance, averts falls and overall preserves independence. It can also be fun. With the right exercise program and the right treatment, seniors can look forward to an active life filled with enjoyable pursuits.

To share your story and enter for a chance to win a year's gym membership, visit www.euflexxa.com.



EUFLEXXA® (1% sodium hyaluronate) is used to relieve knee pain due to osteoarthritis. It is used in people who do not get enough relief from simple pain medications such as acetaminophen or from exercise and physical therapy.

IMPORTANT SAFETY INFORMATION

You should not receive this product if you have had any previous allergic reaction to EUFLEXXA® or hyaluronan products. You should not have an injection into the knee if you have a knee joint infection or if you have skin disease or infection around the injection site.

EUFLEXXA® is only for injection into the knee performed by a qualified doctor. After you receive this injection you may need to avoid activities such as jogging, tennis, heavy lifting, or standing on your feet for a long time (more than one hour). The safety and effectiveness of repeat treatment cycles of EUFLEXXA® have not been established. The safety and effectiveness of EUFLEXXA® have not been shown in people under 18 years of age.

Side effects sometimes seen when EUFLEXXA® is injected into the knee joint were pain, swelling, skin irritation, and tenderness and these were generally mild and did not last long.