

YOUR HEALTH

A Preventive Approach To Managing Chronic Joint Problems

(NAPSA)—Whether they are active or sedentary, many people over the age of 40 will develop osteoarthritis (OA) by their 70th birthday.

They will probably feel it in the hips, knees or lower back—all weight-bearing joints—or the neck, finger or toe joints.

The current number of adult Americans with OA is expected to swell from 21 million to 41 million by the year 2020, according to the Centers for Disease Control and Prevention (CDC). The CDC also estimates that over 73 million Americans have chronic joint symptoms that affect their everyday activities. Fortunately, something can be done about it.

It is not just a matter of age and gravity

OA and chronic joint symptoms are the leading causes of disability among Americans over age 15, costing more than \$125 billion annually. However, OA and chronic joint symptoms are not simply the result of “wear and tear.” Nor are they limited to older people.

In fact, slight changes can be seen in the joints of most overweight people in their 40s, and some medical experts believe that these changes may be present in some people as early as their 20s and 30s. The major change seen in joints is the loss of surrounding cartilage, which leads to loss of joint mobility, stiffness and, eventually, pain.

Cartilage is an active tissue

For years, damage to cartilage due to OA was considered irreversible. However, scientists now



Research indicates that supplements may help manage chronic joint symptoms.

realize that cartilage is an active tissue with a continuous turnover of nutrients.

Most joint cartilage is made up of type II collagen and structural proteins, which provide the tensile stiffness and compressive strength that joints need to retain their flexibility.

However, 5 percent of cartilage is comprised of chondrocytes—specialized cells that detect changes in the composition of the cartilage and respond by producing new collagen and other proteins to normalize the area in and around joints.

The acute pain related to OA is usually treated with analgesics, nonsteroidal anti-inflammatory drugs (NSAIDs) or cyclo-oxygenase (COX)-2 selective inhibitors for a short time.

While these drugs can alleviate pain, they do not address the underlying cause of the pain.

Preventative measures can be an excellent alternative

As part of a healthy lifestyle that includes exercising regularly and maintaining a healthy weight, some researchers and doctors recommend taking a supplement, such as CH-Alpha™, now available from GELITA Health Products.

Its active ingredient—collagen hydrolysate—is a collection of bioactive collagen peptides and appears to have a direct positive effect on the production of chondrocytes.

“Collagen hydrolysate is absorbed in the gastrointestinal tract, accumulates in the synovial fluid of the joint, and may stimulate type II collagen synthesis to reduce symptoms and improve joint function,” according to Al Bello, MD, Clinical Associate Professor of Medicine, Rheumatology, University of Illinois.

In at least two medical studies, over 80 percent of patients using CH-Alpha have experienced an improvement in joint mobility with an eventual reduction in the pain associated with chronic joint symptoms.

Taking CH-Alpha orally may provide a safe alternative to address the stiffness and immobility many will eventually experience with age.

Collagen products have been used for many centuries for therapeutic purposes, and are recognized as safe components of pharmaceuticals and foods by the Food and Drug Administration Center for Food Safety and Applied Nutrition.

For more information, go to www.CH-Alpha.com.