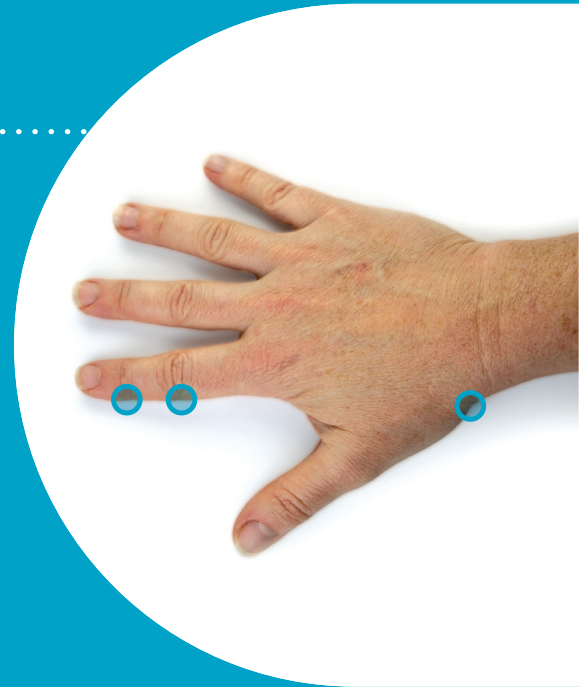


OSTEOARTHRITIS OF THE HAND



COMMON SYMPTOMS

- ➔ Aching joints particularly thumb and fingers.
- ➔ Morning stiffness - often takes time to get joints going on waking.
- ➔ Swelling.
- ➔ Difficulties doing activities like turning taps & keys & opening jars.



5

TIPS FOR MANAGING SYMPTOMS IN THE EARLY DAYS

- 1 Supplements - glucosamine and chondroitin sulphate is the most effective natural therapy. Dose of 1500 mg glucosamine and 800 mg of chondroitin.
- fishoil supplements containing at least 180 mg EPA plus 120 mg DHA.
Consult GP if you are diabetic, on warfarin or have a seafood allergy.
- 2 Splints - designed for use with activity or at night to reduce pain.
- 3 Exercises - specific exercise help maintain movement.
- 4 Activity modification - taking care of your joints and changing the way you do things.
- 5 Medications - simple analgesia such as panadol or neurofen may help. Discuss with your GP if symptoms are not improving.

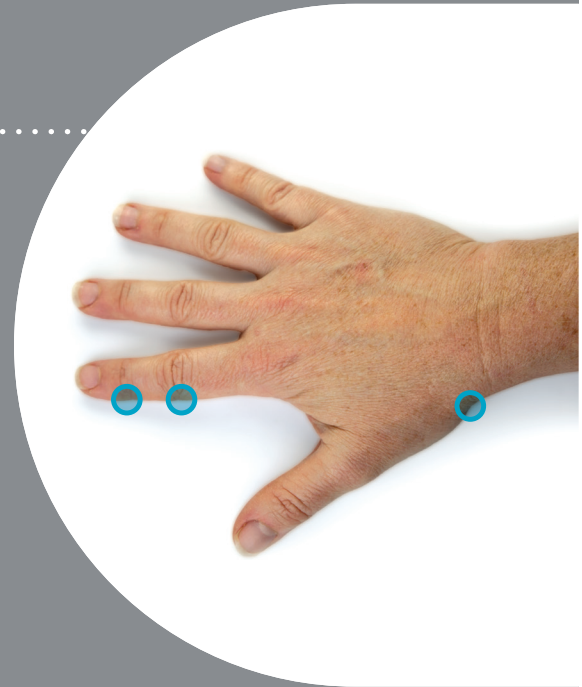


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