

Date as postmark

Dear Patient,

You have recently had an x-ray done and this has shown osteoarthritis.

Osteoarthritis (OA) is when the lining of the joints becomes worn away over time and this causes inflammation, swelling and pain. This is commonly caused by increasing age, obesity, excessive use, trauma and is more common in females. There is also a genetic link so if parents/siblings have OA you are more likely to also develop the condition. OA is most commonly found in the knees and hips.

What can you do to help?

Self-help measures such as weight loss, gentle activity, sensible comfortable shoes, and trying to avoid exercise that causes pain can help. Exercises to strengthen the joint or self-referring to physiotherapy can be helpful.

To help with the pain you can use heat or cold packs and over the counter paracetamol and anti-inflammatory gel such as ibuprofen or voltarol. If you require something stronger speak to us about the different options.

Further treatment

If your OA is causing you severe pain you can be referred to the orthopaedic department, they can offer other treatments such as steroid injections. Once all treatment options have been tried they will sometimes consider a joint replacement (hips and knees). This involves removing the damaged joint and replacing it with a metal one with an operation. This is only considered if you are in severe pain, not responding to painkillers and it is affecting your day to day life and mobility.

Useful resources

'Versus arthritis' have a lot of helpful information and a helpline for advice - 0800 5200 520

Patient UK osteoarthritis

<https://physio.lanarkshire.scot.nhs.uk> – self referral to physiotherapy

We hope this letter has been helpful to you, if you wish to discuss any of this further please do not hesitate to make an appointment with one of the doctors.

Yours sincerely

Avondale Medical Practice