



Arthritis Talks: Osteoarthritis

Dr. Lauren King, Rheumatologist

February 21, 2023

Presenters



Shawn Brady

Vice-President, AREP and Innovation
Arthritis Society Canada
(Moderator)



Dr. Lauren King

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Webinar tips

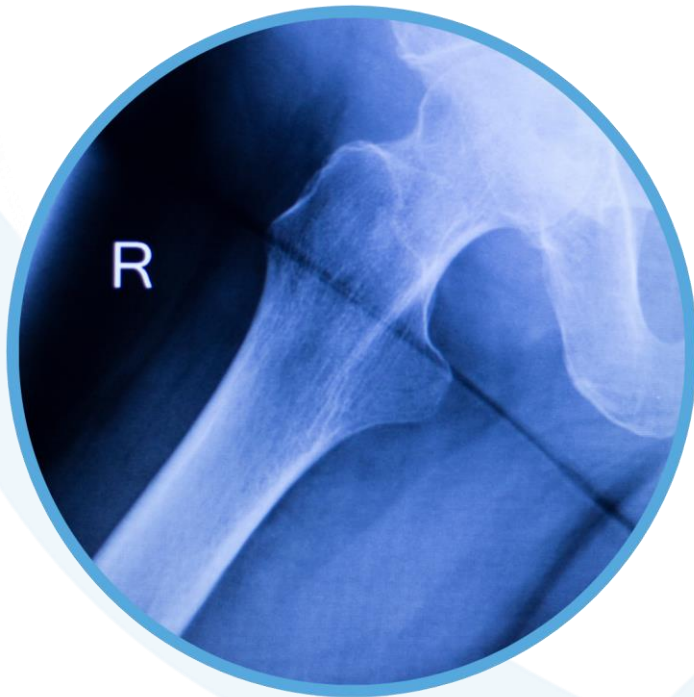
- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society Canada webinar interface. At the top center is the Arthritis Society Canada logo. Below the logo are two buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Settings' button. At the bottom right is a red 'Leave' button. A yellow callout box at the top right points to a red icon in the top right corner of the interface, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A yellow callout box at the bottom left points to the 'Audio Settings' button, with the text 'Click here to access your audio settings'. A yellow callout box at the bottom right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. On the right side, a 'Q&A' window is open, displaying a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Overview

[1]

What is osteoarthritis?



[2]

Osteoarthritis treatment



[3]

Questions



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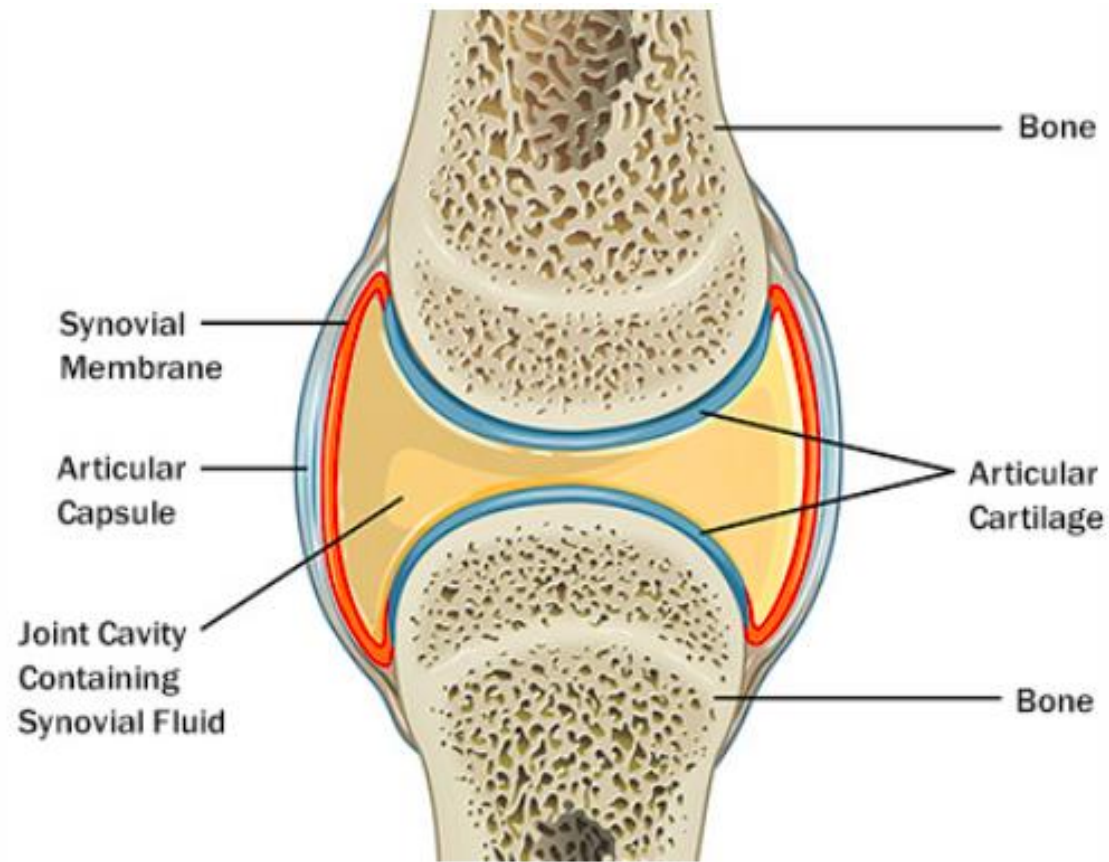


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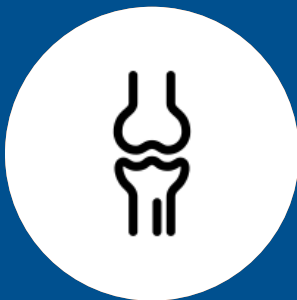
How does osteoarthritis differ from inflammatory arthritis?



There are many different types of arthritis!

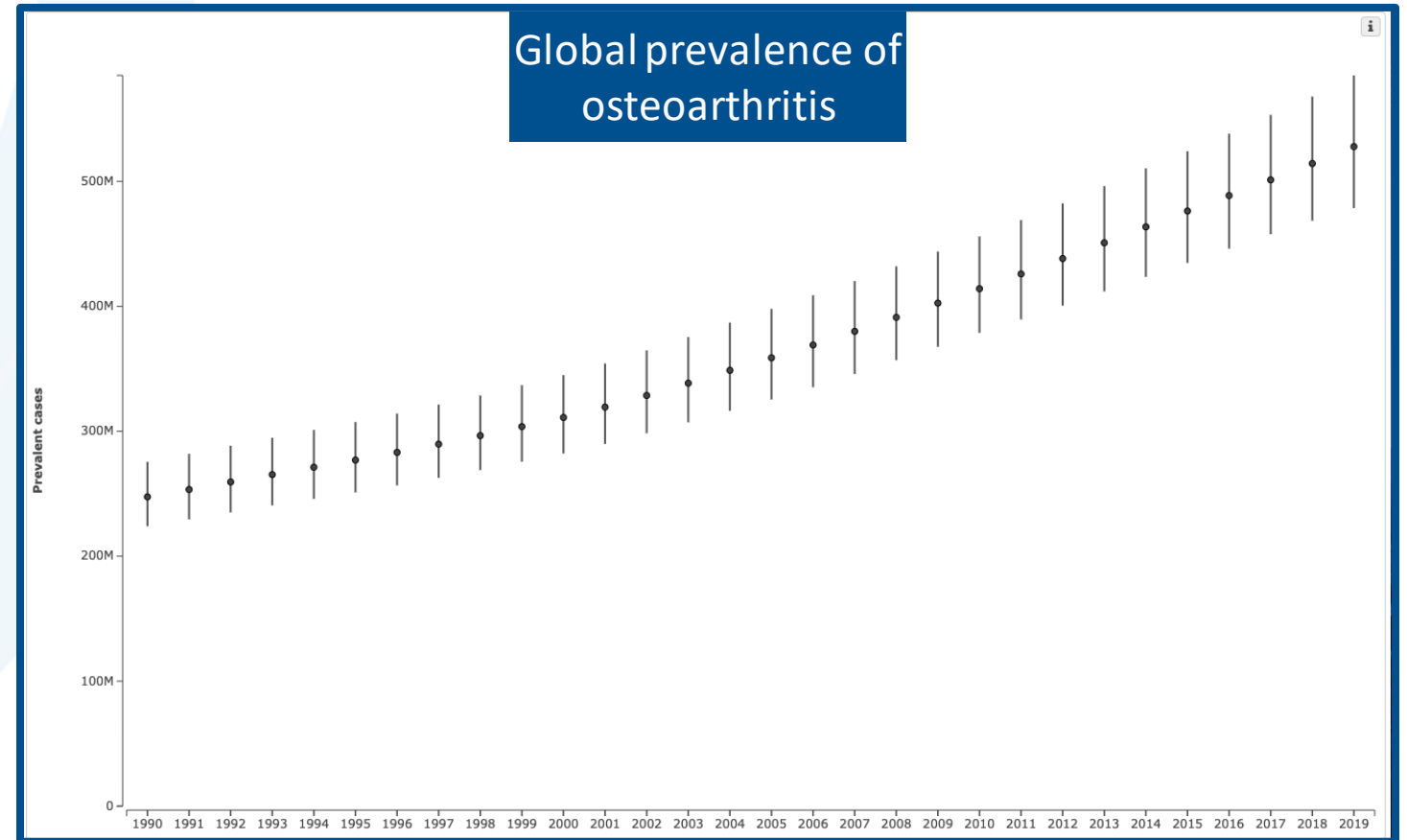


Osteoarthritis (OA) is the most common form of arthritis



528
million

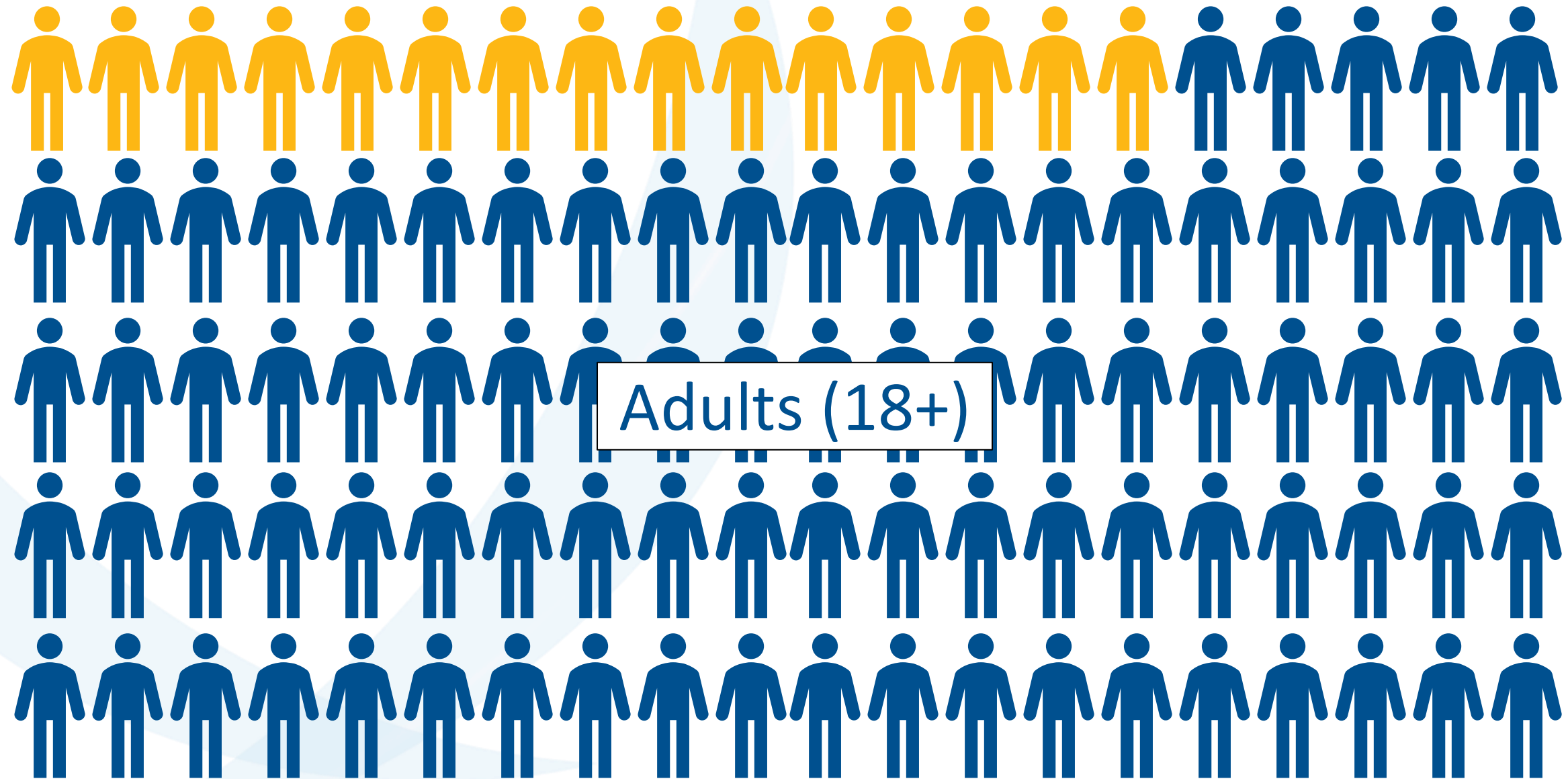
Prevalent cases



1990

2019

Proportion of Canadians living with osteoarthritis



Osteoarthritis vs Rheumatoid Arthritis

Osteoarthritis

- ▼ Very Common – 15% of Canadians
- ▼ Knee/hand (DIP/PIP/CMC)/hip most frequent
- ▼ Low-grade inflammation, failed joint repair/healing
- ▼ Mostly 40 years+
- ▼ Treatment: weight management, exercise, analgesia, splints/braces/supports



Rheumatoid arthritis

- ▼ Less Common – 1% of Canadians
- ▼ Hands (MCPs/PIPs)/wrists, feet often involved
- ▼ Higher-grade inflammation, autoimmune
- ▼ Younger and older individuals
- ▼ Treatment: DMARDs, bDMARDs, tsDMARDs



Similarities between different forms of arthritis



	OA (n=149)		RA (DMARD naïve) (n=50)	
	Baseline	6 months	Baseline	6 months
Rapid 3 (0-30)	15.0	13.3	15.7	10.3
Function (0-10)	2.7	2.4	3.4	2.1
Pain (0-10)	7.0	6.0	6.6	4.3
Patient Global (0-10)	5.3	5.0	6.0	4.0
Fatigue (0-10)	3.9	3.6	4.4	2.9

Chua et al., Arthritis & Rheumatology 2019

Q

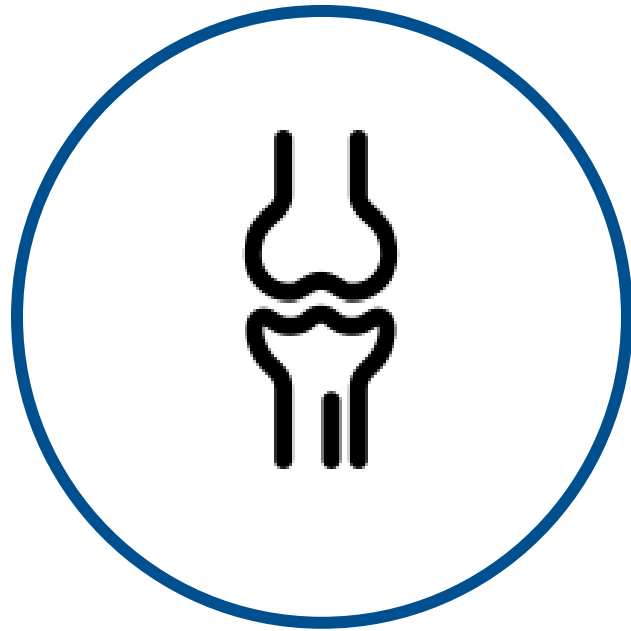
**Are there early symptoms of osteoarthritis?
What are the risk factors?**



Risk factors for osteoarthritis



Risk factors for osteoarthritis



JOINT-LEVEL

- ▼ Traumatic joint injury
- ▼ High occupational loading
- ▼ Altered joint shape and malalignment
- ▼ Muscle weakness around the joint



PERSON-LEVEL

- ▼ Older age
- ▼ Female sex
- ▼ Genetic factors
- ▼ Overweight/obesity

Running is not a risk factor for osteoarthritis



Recreational running may ↓
risk of being diagnosed with
OA or going on to joint
replacement surgery

Symptoms of osteoarthritis

↑ Pain



↓ Physical function

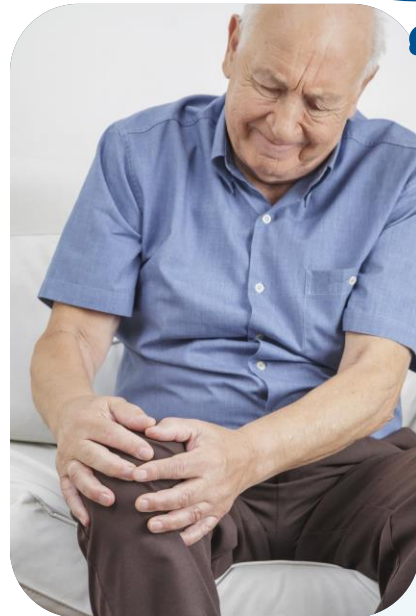


Downstream effects of symptoms of osteoarthritis



Delay to osteoarthritis diagnosis

Just aches and pains of aging



Too many other things to address...no time to address joint pain



Early osteoarthritis



ESSKOA

INITIATIVE

Early-stage
Symptomatic
Knee Osteoarthritis



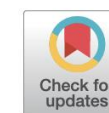
Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Osteoarthritis and Cartilage Open

journal homepage: www.elsevier.com/journals/osteoarthritis-and-cartilage-open/2665-9131



“You don't put it down to arthritis”: A qualitative study of the first symptoms recalled by individuals with knee osteoarthritis



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First symptoms & experiences of osteoarthritis

1. Slow, insidious onset

Gradual tempo:

“But it came basically, gradually”

— Focus Group Canada Toronto 2

Episodic nature:

“It was like it would come on and then disappear, and come on again.”

— Focus Group USA 3

Delay to symptom registration:

“Started off as soreness and you stopped thinking about it.”

— Focus Group Australia 1

First symptoms & experiences of osteoarthritis

2. Diverse early symptoms

Frequently reported symptoms include activity-exacerbated pain and stiffness:

“ ... doing stairs, that's when I first noticed it.”

– FG Canada, Toronto 3

Different types of symptoms:

“Mine started about ten to twelve years ago, but no pain, only stiffness.”

– Focus Group Australia 3

“My knees were swollen ...”

– FG Canada, Vancouver 1

“Ahm, it was more of a weakness in the knees.”

– FG Canada, Toronto 2

First symptoms & experiences of osteoarthritis

3. Something else must have caused these symptoms

Dismissal of first symptoms:

“Well, because at first you're in denial and you don't, I mean I didn't think it was arthritis.”

— Focus Group Canada Vancouver 1

Rationalizing symptoms:

“I didn't imagine it was arthritis, I thought, well I must have done something to it, but I couldn't remember what.”

— Focus Group Canada Toronto 5

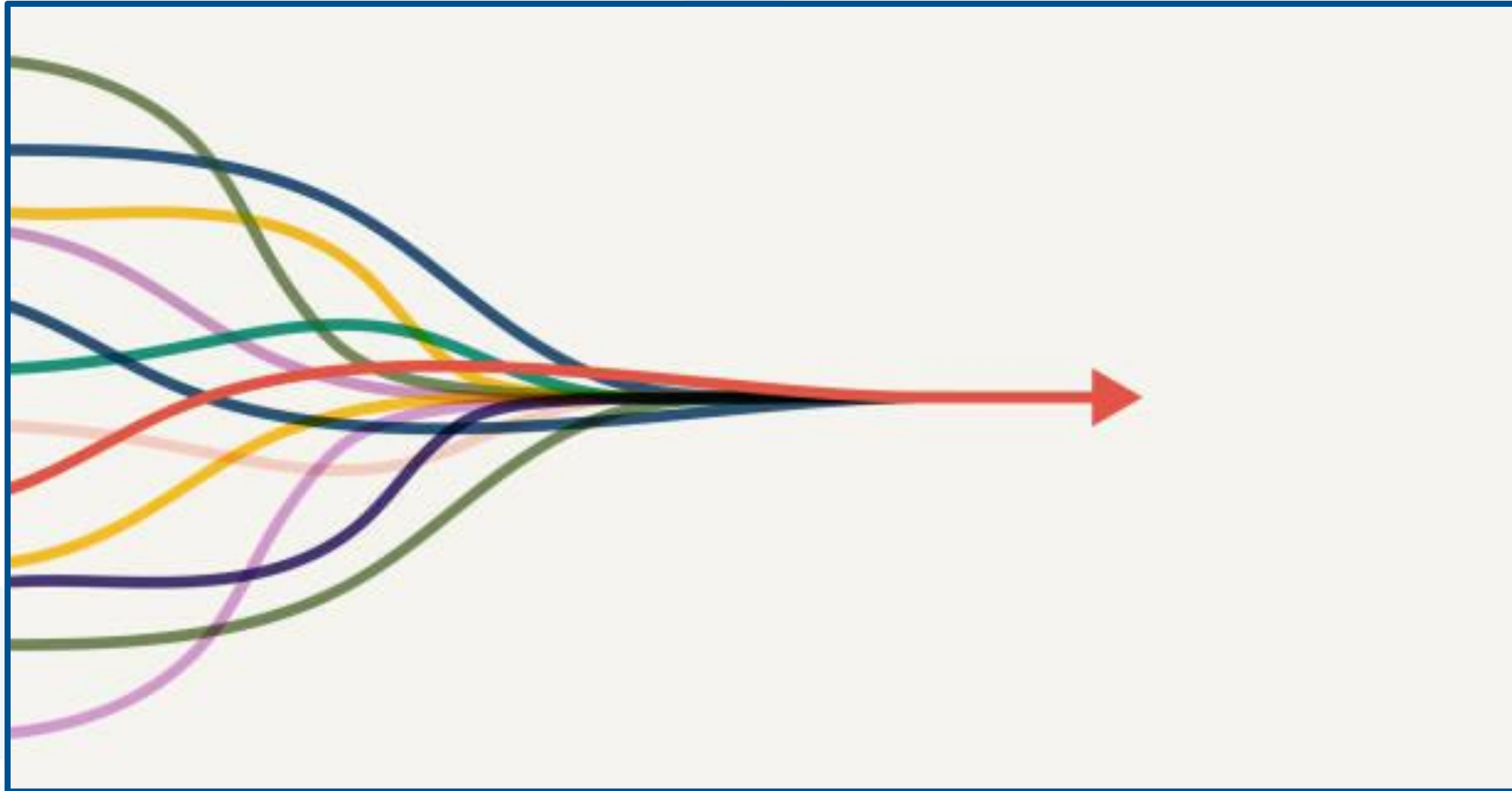
First symptoms & experiences of osteoarthritis

4. Adjustments

“So I guess I wasn't thinking arthritis, but it hurt to jog so I started walking, and that didn't seem to be a problem.”

— Focus Group USA 2

OA is a heterogenous condition



Addressing OA is important



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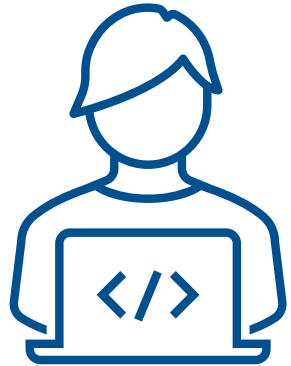
What should you do after being diagnosed with osteoarthritis?



Five things to do after being diagnosed with osteoarthritis



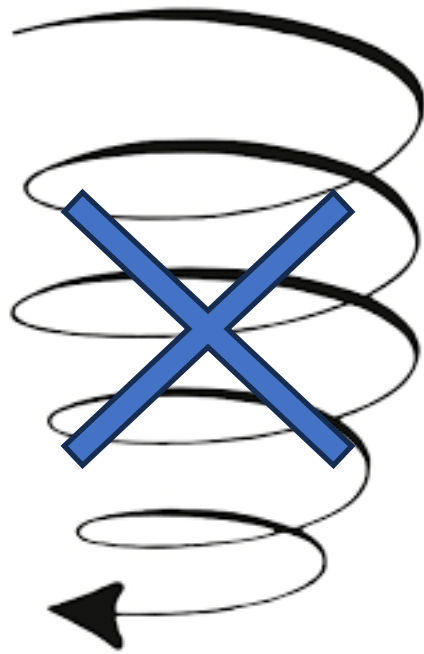
1. Empower yourself with knowledge



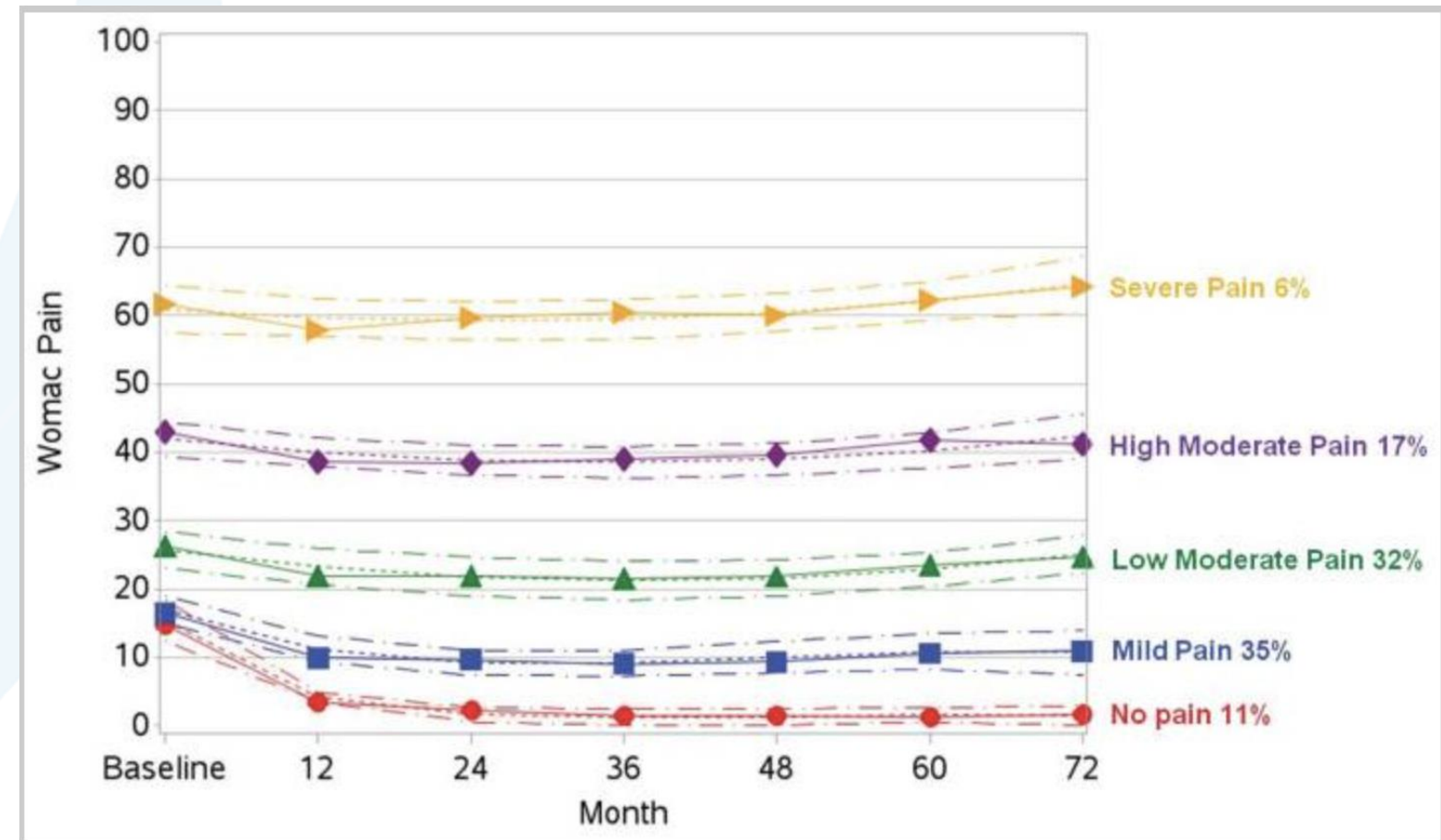
- ▼ Understand your OA
- ▼ Understand your treatment options
- ▼ Understand what are and are not risk factors for progression

2. Surround yourself with a team





3. Stay positive



Osteoarthritis and Cartilage

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RESEARCH ARTICLE | VOLUME 22, ISSUE 5, P622-630, MAY 2014 [Download Full Issue](#)

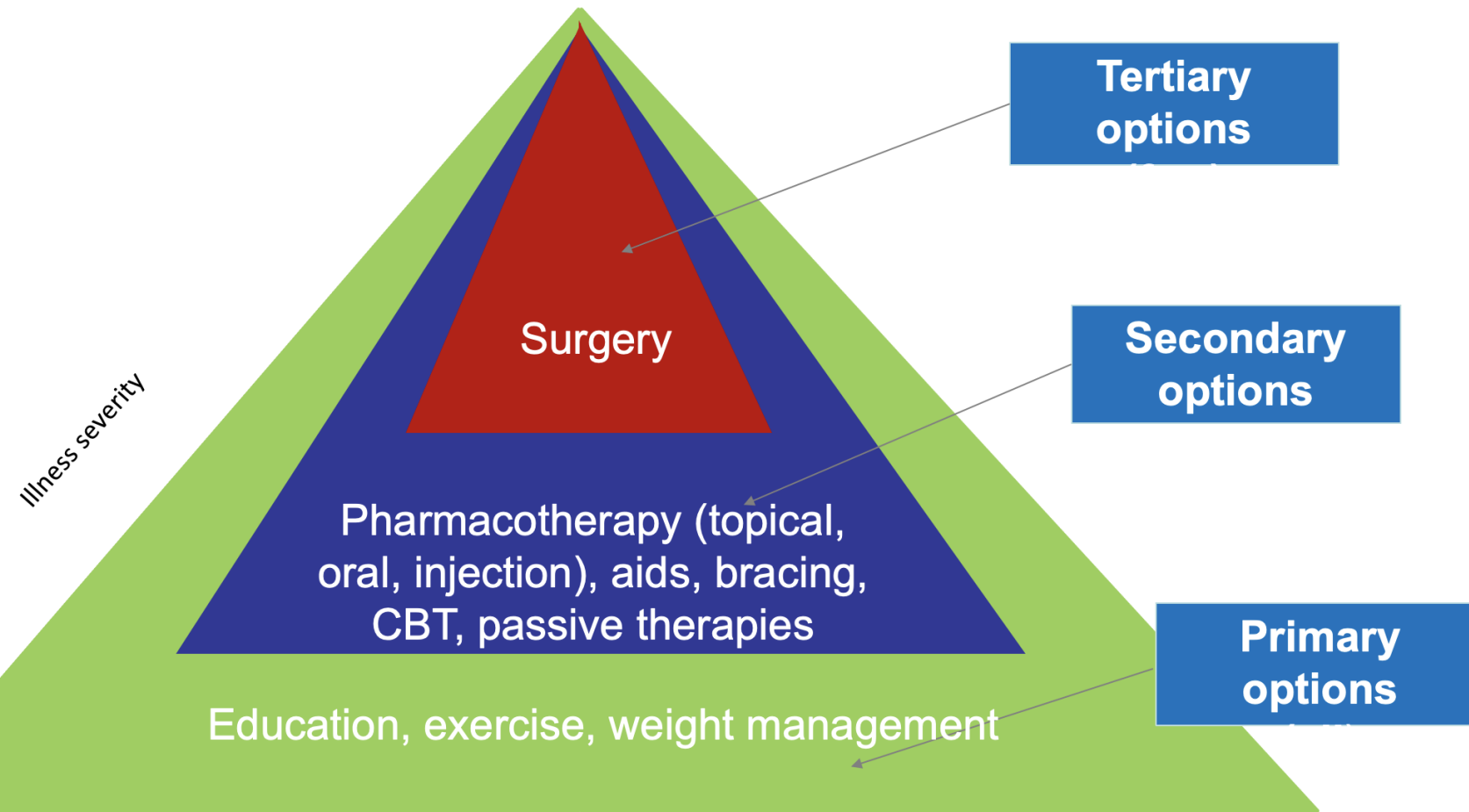
Trajectories and risk profiles of pain in persons with radiographic, symptomatic knee osteoarthritis: data from the osteoarthritis initiative

J.E. Collins • J.N. Katz • E.E. Dervan • E. Losina

Open Archive • Published: April 14, 2014 • DOI: <https://doi.org/10.1016/j.joca.2014.03.009>

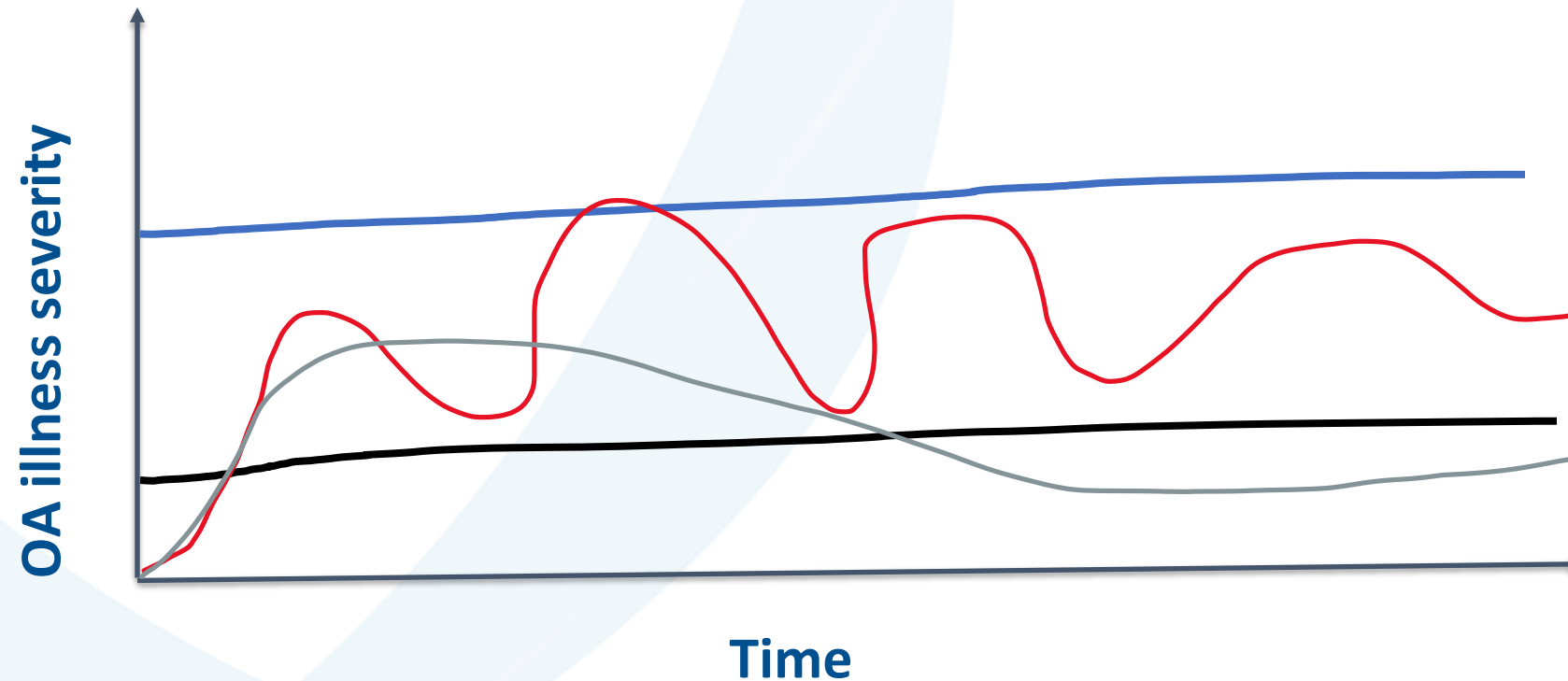
[Check for updates](#)

4. Find ways to engage in first-line (primary) measures



5. Advocate for yourself when necessary

People with OA have different illness experiences



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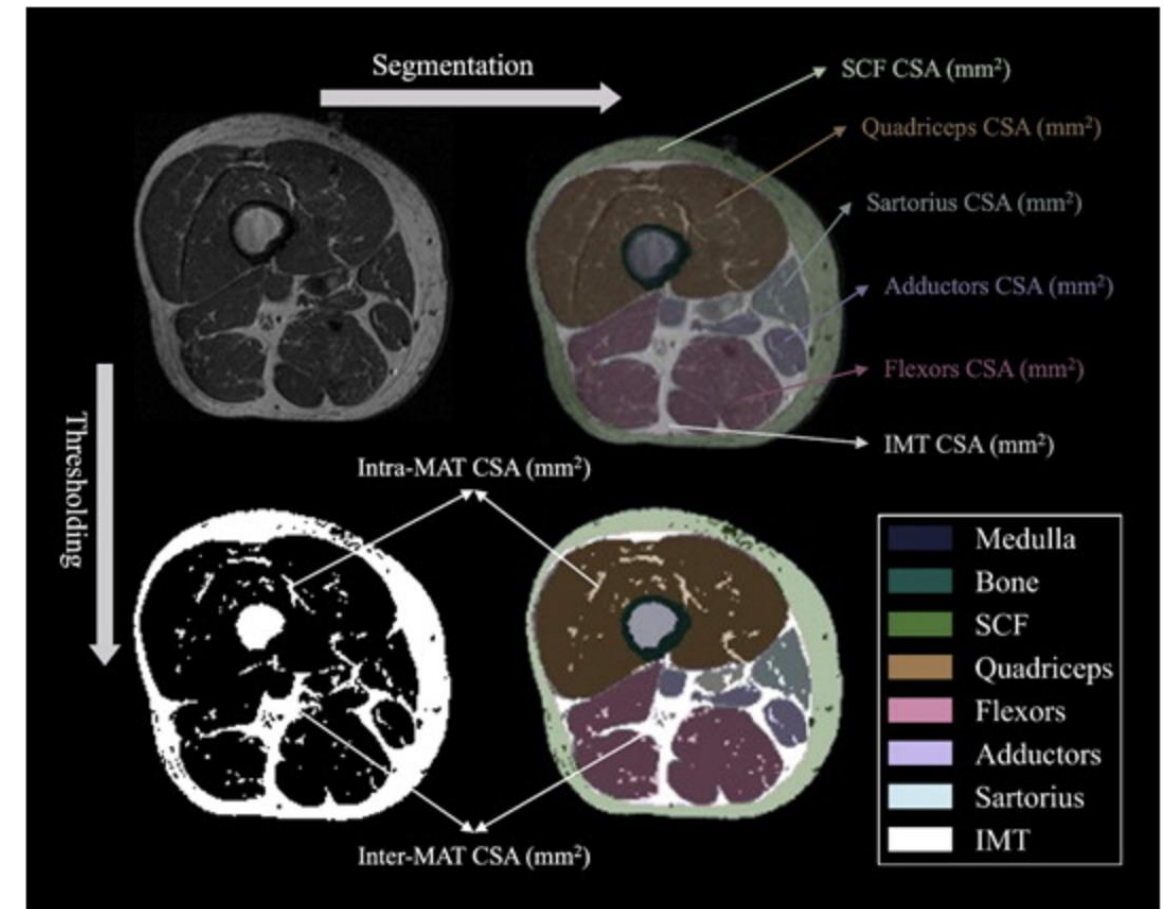
Are there things that can be done to prevent osteoarthritis from progressing?



Preventing progression of osteoarthritis

▼ Improve joint strength and stability

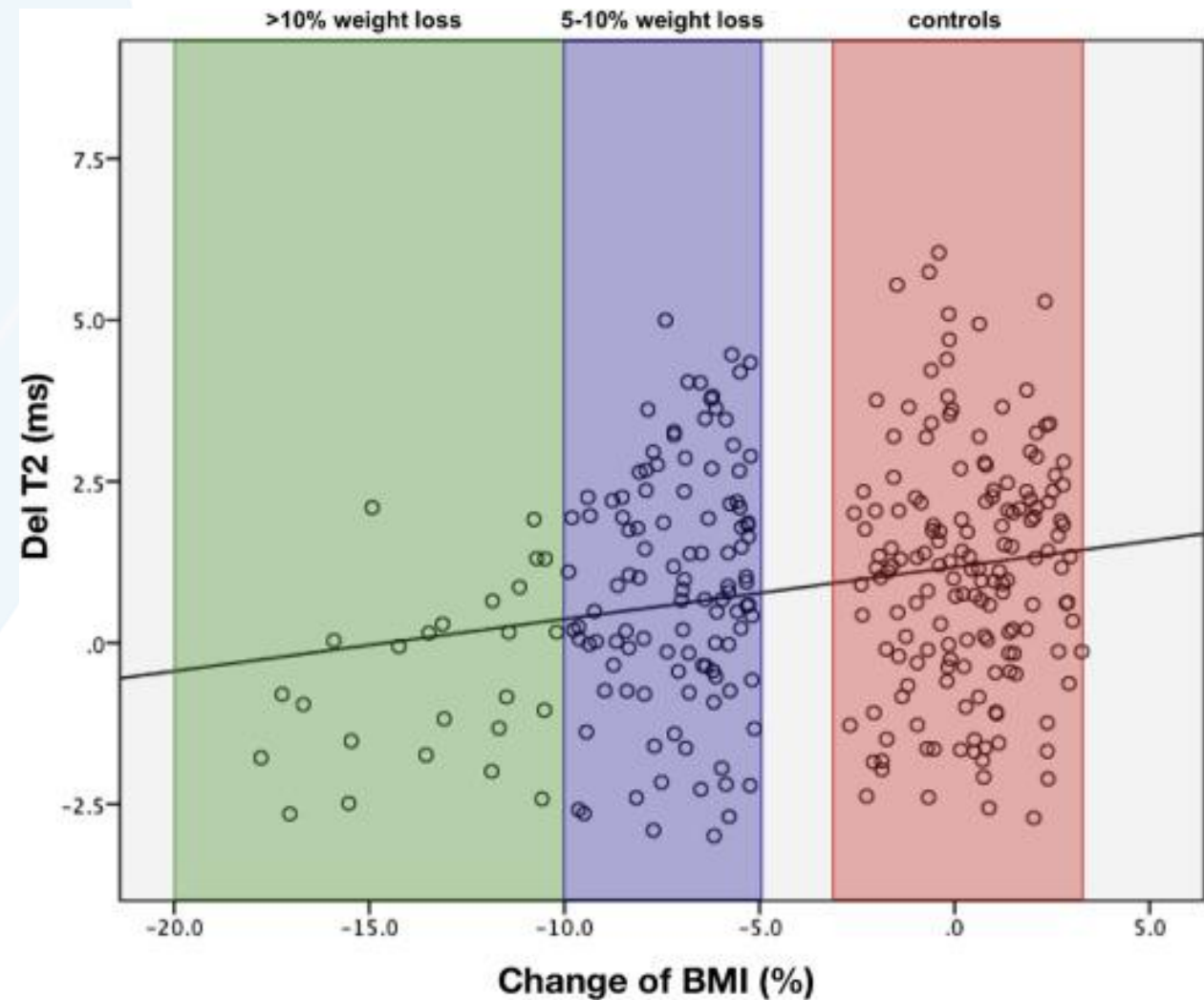
Having stronger muscles surrounding the joint may ↓ knee OA progression



Preventing progression of osteoarthritis

Weight management

In people with overweight/obesity, weight loss association with ↓ knee OA progression

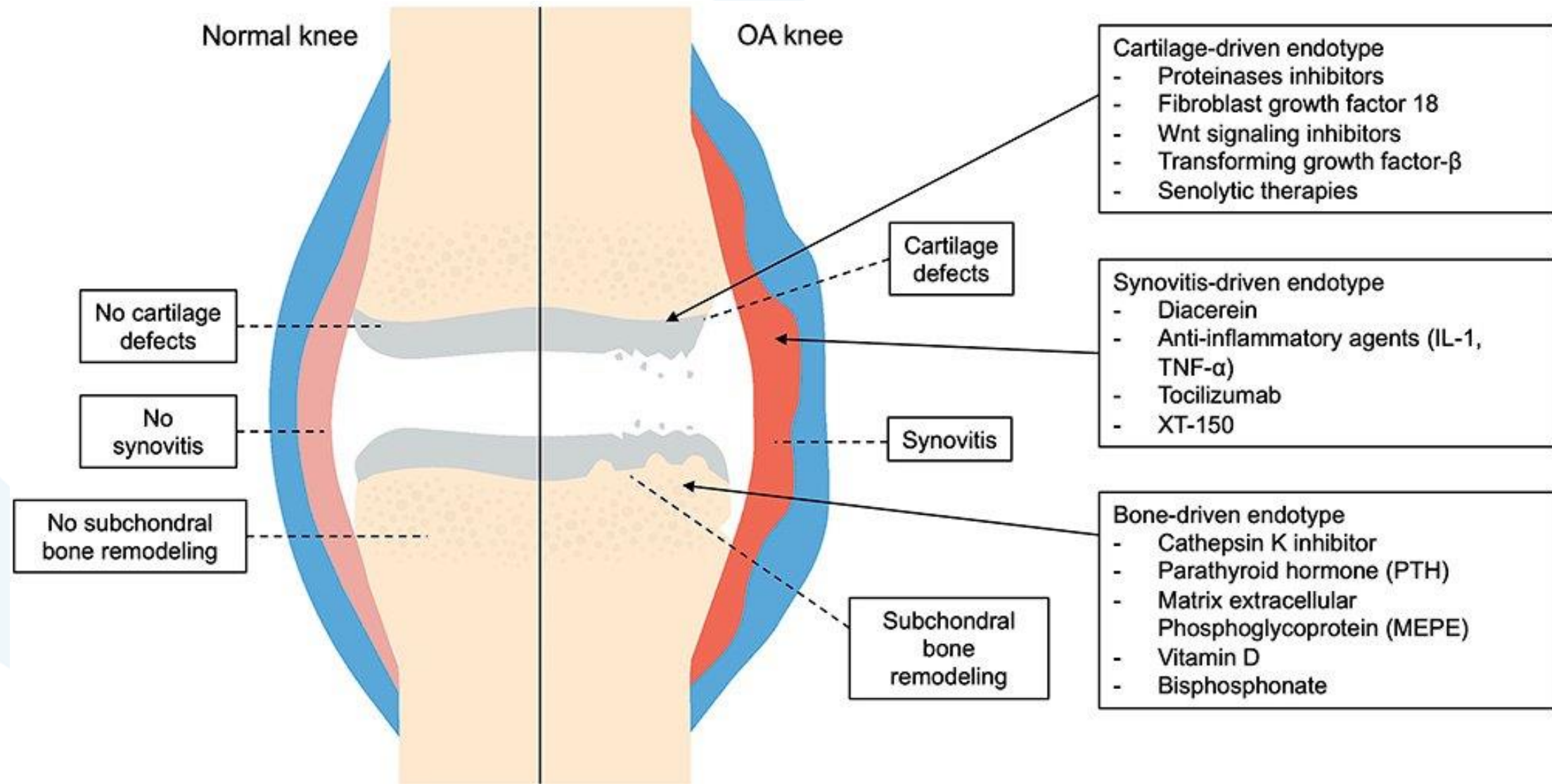




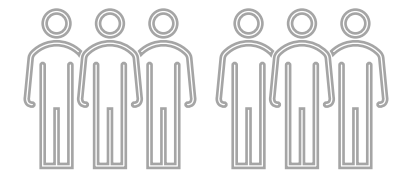
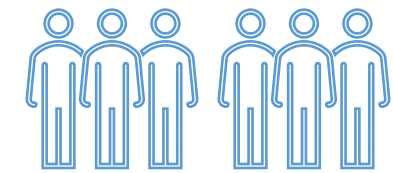
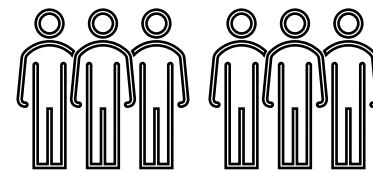
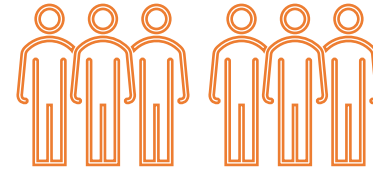
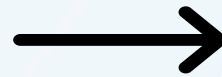
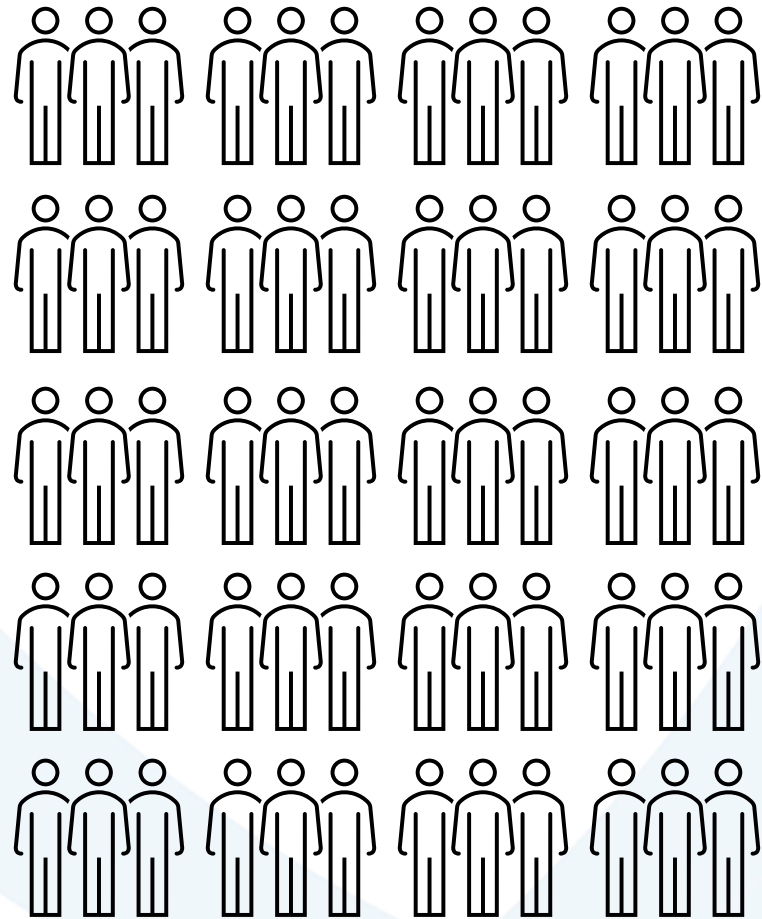
What excites you about the future of osteoarthritis treatment and care?



Osteoarthritis treatments on the horizon



Increasingly personalized approaches to OA care



Any final thoughts or recommendations?



You can live your best life with osteoarthritis!

- ▼ You can live a rich and fulfilling life with osteoarthritis
- ▼ There's a lot you can do to manage joint symptoms
- ▼ Some treatments require effort, but worth it
- ▼ Your symptoms are NOT destined to get worse
- ▼ The minority go on to joint replacement surgery

Acknowledgements



Medicine
UNIVERSITY OF TORONTO



Questions



Tell us what you think...

