

Lakeview Community Wellness Center Orthopaedic Connection

Frequently Asked Questions About Arthritis By Lakeview Area News Readers

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Transforming patient information into patient understanding.

I get asked a lot of questions about arthritis since I deal with it constantly in my work. Instead of covering several unrelated subjects I thought it would be more informative to only concentrate on arthritis questions. Here we go.

- " I have arthritis. Should I take Tylenol or Motrin?" Mary from Lakeview.

Tylenol (Acetaminophen) eases pain by acting on your brain. It does not affect inflammation.

Motrin or other non steroidal as they are called, somehow reduce inflammatory substances (mediators) in the body that cause pain. It is thought that it's pain relieving properties are related to that. I'd say to take Motrin, unless you are on a blood thinner.

- "Are gold salts still used to treat arthritis?" Sam from Trufant.

Yes. A solution of gold salts can be taken orally or injected to treat rheumatoid arthritis. It has been use since the 1960s, but its use has declined since other medications have become available.

- "I've heard Voltaren comes in a gel. Does it work?" Lisa from Sheridan.

Voltaren Gel, topical, was released in October 2007 to treat arthritis of the knee, hand, wrist, elbow, ankle and feet. FDA studies showed it reduced arthritis knee pain by 50%. Only available by prescription and it is expensive.

- "How much weight do I need to lose to help my knees?" Sandra from Six Lakes.

Great question. 5% of your body weight. My parent, world renowned organization, The Academy Of Orthopaedic Surgeons made this

recommendation in December 2008. Depending on the amount of excess weight, more might be better, but the bottom line is 5%.

- "Do copper bracelets combat arthritis?" June from Mecosta.

Copper bracelets are advertised as an alternative treatment of arthritis. Manufacturers claim tiny amounts of copper from the bracelets move through your skin and neutralize free radicals that can damage cells in and around the joint. No science supports this, but there is no physical harm in doing so.

We didn't cover as many questions as I had hoped and I have a lot more. Maybe we will continue this next week.

I am happy to see all Orthopaedic Surgery problems at Lakeview Community Wellness Center or in the office in Alma. Please call 989-463-6092 to schedule an appointment at either location.

Future LCWC Clinic dates are February 19 and March 5, 2010.

Answers to most of your Orthopaedic and musculoskeletal questions can be found on our office website www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection.

Our goal is simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush