



For More Media Information:

Ashley Pontius • Michele Krohn

Full Circle PR • 813.887.3277

OAWF@FullCircle-pr.com

An Increase in Arthritis Among Younger Americans Calls for Prevention

CLEARWATER, Fla. – May 30, 2017 – About 54.4 million American adults are living with arthritis, according to a recent report released by the Centers for Disease Control and Prevention. That breaks down to about one in four adults. It is a staggering statistic. Especially when you consider that the majority of cases, 32.2 million, are in people ***under the age of 65***.

“People really think of arthritis as an ‘older person’s disease’, but we know that a lot more younger Americans are suffering with it. Many of them to the point that they have to limit their daily activities because of the pain,” said David Whiddon, M.D., a surgeon with Orthopaedic Associates of West Florida.

There are more than 100 forms of the crippling disease, ranging from stiffness to swelling and severe joint pain, and it cannot always be prevented. However, there are things patients can do to slow down its progression. Here are the top tips for National Arthritis Month.

- 1) Eat a healthy diet. A diet rich in rich omega-3 fatty acids, such as salmon, has several health benefits including cutting down on inflammation. The USDA recommends eating fish high in omega-3s at least twice a week.
- 2) Control your weight. Obesity, and diseases that are linked to being overweight such as diabetes, can all contribute to arthritis. Being overweight can also take a greater toll on your knees and joints. Overweight women are almost four times as likely to get knee osteoarthritis as women of a healthy weight, per a recent study by Johns Hopkins.
- 3) Get regular exercise. “Exercising not only takes the stress of excess weight off your joints. It also strengthens the muscles around the joints, which protects them from wear and tear,” said Dr. Whiddon.
- 4) Avoid injuries. Injuries can worsen the pain from arthritis, and cause joints to wear out more quickly. Cut down on the risk by wearing the proper equipment during athletic activities, and learning the correct exercise techniques.
- 5) See your doctor. If you think you are at risk of developing arthritis, see your doctor. The damage from arthritis is progressive, meaning the longer you wait to start treatment, the more destruction that will occur to the joint.

For more information about visit www.orthowestfl.com or call 727-461-6026.

About Orthopaedic Associates of West Florida:

At Orthopaedic Associates of West Florida, or family of board-certified physicians have been taking care of bay area patients for more than 30 years. We merge state-of-the-art technology with unsurpassed physician skills. OAWF provides patients with complete care offering two in-

house MRI locations, X-ray at each of our four offices, Bone Densitometry, EMG/NCV, Physical and Hand Therapy and an Orthotics/Prosthetics department. We have four convenient locations to serve patients across the entire bay area.

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