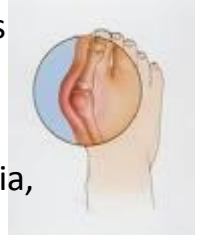


# Joint Pain

## What is it?

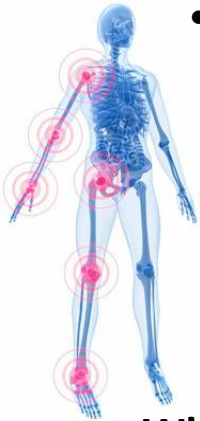
- **Joint Pain**– can be caused by many types of injuries or conditions affecting any of the ligaments, tendons, or bursae surrounding the joint; injury can also affect the cartilage, bones, or ligaments within the joint
  - **Joint Pain**- can be a result from cancer that has spread to joints



## Signs and Symptoms:

- **Symptoms**- joint inflammation/arthritis, infection, joint pain/arthralgia, tumors of the joint; creaking knees, hips, and ankles;

## Facts:



- **Caused by**- bursitis, arthritis, aseptic necrosis, osteochondritis dissecans, steroid drug withdrawal, sickle cell disease, sickle cell anemia, tendinitis, sprain, septic arthritis, fracture, bone tumor, cartilage tear, synovial sarcoma, joint injury, joint strain, previous joint injury, viral infection, common cold, flu, bacterial infection, osteoarthritis, rheumatoid arthritis, juvenile rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis, Reiter's syndrome, Lyme disease, acute rheumatic fever, psoriasis, cancer, hormonal disorder, syphilis and many others

## What can I do?

- **See your Health Care Provider**- to diagnosis and make a recommendation for the right treatment or pain relief for your joint pain
  - **Medications**- acetaminophen, analgesics, antipyretics, Advil, Ibuprofen, Motrin, Nuprin, PediaCare Fever, Nonsteroidal Anti-inflammatory drugs/NSAIDs, Aleve, Naprosyn, Naprelan, Anaprox, Naproxen, Aspirin, Ecotrin, acetylsalicylic acid, Tylenol and others
  - **Other Suggestions**- Exercise, alternative supplements, joint replacement, physical therapy, wear correct footwear, quit smoking
- **See a Registered Dietitian**- for help as needed to decrease weight and eat healthier; losing 11 lbs. can cut the risk of osteoarthritis of the knee by 50%
  - **Meat**- more chicken without the skin or fish; broil, boil, bake, roast, stew, grill or stir fry
  - **Increase**- fresh fruits, vegetables, whole grain breads and cereals
  - **Decrease**- sweets, desserts, gravies, sauces, fried foods, colas

