IMPROVING CARE FOR OSTEOARTHRITIS
THE FORGOTTEN CHRONIC DISEASE

OSTEOARTHRITIS IS COMMON
Affects 1 in 4 adults aged 40 and over
With the ageing population and rising obesity rates, osteoarthritis is projected to affect 1 in 3 adults by 2032

OSTEOARTHRITIS IS DEBILITATING
It causes pain, impaired function, and reduced quality of life
Is the 3rd most rapidly rising condition associated with disability, behind diabetes and dementia
50% of all people with osteoarthritis are of working age

USE OF RECOMMENDED TREATMENTS IS POOR
Clinical guidelines recommend education, exercise, and weight loss
But use of these treatments in primary healthcare is low:

- 57% receive a corticosteroid injection vs 29% are told to exercise or referred to a physical therapist
- 76% are prescribed medication vs 46% are told weight loss may help

Use of joint replacement surgery is inappropriately high:
- 36% do not experience an improvement after surgery vs 20% try exercise before surgery

WE NEED TO IMPROVE THE PREVENTION, MANAGEMENT, AND POLICY FOR OSTEOARTHRITIS. WE NEED...

Public Health Interventions to Prevent Osteoarthritis
To Target Overuse and Inappropriate Low-Value Care
Equitable Access to Cost-Effective Interventions

FIND OUT MORE
OARSI website at www.oarsi.org

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