

SYMPTOMS AND CLINICAL SIGNS IN PRIMARY OSTEOARTHRITIS IN MEN

Nmerat Marwa

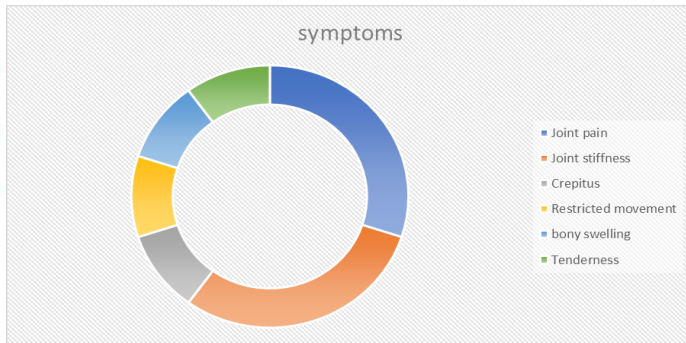
Scientific adviser: Radu Iuliana

1 Department of internal medicine, Discipline of rheumatology and nephrology
Nicolaie Testemitanu State University of Medicine and Pharmacy

Excess weight and genetic factors are often associated with an increase in the incidence of primary osteoarthritis. And nonpharmacological treatment can improve the symptoms.

Key words

Primary osteoarthritis, men, obese, hydrotherapy, lifestyles.



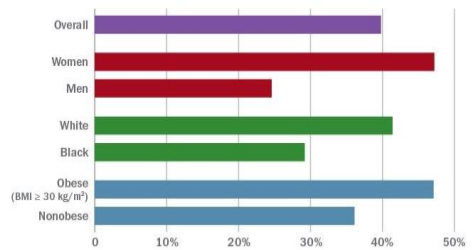
Material and methods

Clinical and paraclinical data taken from by medical databases and joint radiography, complete blood count.

The most symptoms for osteoarthritis patient is joint pain and Joint stiffens.

Data were collected in the most erect joints in osteoarthritis and the most common symptoms that both found in men.

Lifetime risk of symptomatic hand osteoarthritis



Note: Based on data for 2,218 participants in the Johnston County Osteoarthritis Project.
Source: Arthritis Rheumatol. 2017. doi: 10.1002/art.40097

Results

Men before age 45 year have a high risk for primary osteoarthritis mainly a man develop in spine and knee joint, mostly of the man patient can develop hand osteoarthritis at age 65 more especially in distal interphalangeal joint. On radiography images for primary osteoarthritis stage 1, also stage 2 mild. On the complete blood count normal range is found, sign pain at exercise and improve with rest and stiffness for less than 20 min and crepitation, most important risk factor to develop primary osteoarthritis in men is obesity so body mass index is 26 or more have, weight loss and diet modification and hydrotherapy choice for treatment.

Purpose

The non pharmacological can improve the condition of primary osteoarthritis and decrease the symptoms.

Conclusions

Spine and knee osteoarthritis in men develop mostly at age before 45 year, and hand joint at age 65 year, Nonpharmacologic therapy for the man with osteoarthritis such as weight loss and hydrotherapy can improve his condition and decrease the pain.

