

# Arthritis Can cause many problems: Pain Stiffness Inflammation Damage to the joint cartilage and surrounds



#### **Prevalence**

By 2050, it is estimated that 7 million Australians will suffer from some kind of arthritis



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#### **Arthritis**

#### can make it hard to eat well

- Pain
- Depression
- Limited mobility
- · Lack of energy
- Fatigue/ tired
- Reduced movement
- Effects of medications
- Harder to exercise
- · Constipation (from pain medications)
- · Depend on others for food



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# Why is Nutrition and Healthy Eating Important?

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Eating
well helps
keep us
strong
and
healthy.

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Eating well helps us enjoy life more.





### Why is Nutrition important for managing Arthritis?

- ? Prevention
  - Osteoporosis
  - Overweight
- · Pain management
- · Reduce symptoms
  - Constipation from pain medication
- · Achieve and maintain a healthy weight

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#### **Eating for Arthritis**

#### The Benefits / The Evidence?

- Maintain a healthy weight
- More omega 3 fats
- Exercise
- No special diet or miracle cure
- The focus is on healthy eating



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#### 1. Healthy weight

 This means not being underweight or overweight and not losing weight unintentionally

#### Being overweight

- Extra strain on body
- · Higher risk for gout
- · Puts strain on knees
- For each extra 1kg of weight, extra 4kg force on knees



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#### **Healthy weight**

- Being overweight can lead to:
  - -Increased pain
  - Harder to move around
  - -Fatigue (tired)
  - Increased risk of heart disease



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At the same time....
It is important not to lose too much weight

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## Losing weight and strength means you can get weak, tired and sick.

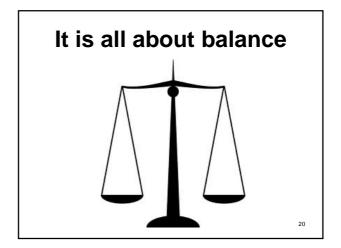


Losing
weight
makes it
harder to
do the
things you
want to do.



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Losing weight or getting thin means you are more likely to fall.



# Healthy Weight and Healthy Eating

Ask yourself these questions

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#### **Healthy Weight**

#### Are you...

- Maintaining your body weight?
- Your usual adult weight?
- Losing weight carefully and intentionally if you are overweight?
- Gaining weight if you have lost weight or are underweight?

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