

# Nutrition and Arthritis

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# Eating Well, Keeping Well



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## Arthritis What is it?

Arthritis is a term which is used to describe medical conditions which effect joints where two or more bones meet



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## Arthritis- what is it?



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## Arthritis

Can cause many problems:

- Pain
- Stiffness
- Inflammation
- Damage to the joint cartilage and surrounds



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## The most Common forms of arthritis

- Osteoarthritis
- Rheumatoid Arthritis
- Gout



Picture from:  
<http://iconsinmedicine.wordpress.com/2011/10/24/on-arthritis-worldwide/>

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## 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.**




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**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.**



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**It is all about balance**



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**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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**Trying to Gain Weight ?**



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