

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**

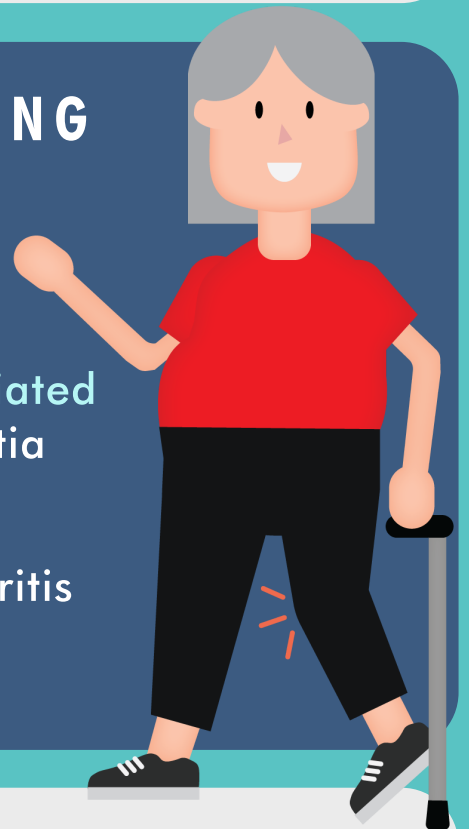
OSTEOARTHRITIS IS DEBILITATING

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



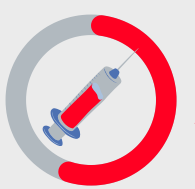
USE OF RECOMMENDED TREATMENTS IS POOR



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



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

Osteoarthritis: A Serious Disease White Paper at <https://oarsi.org/research/oa-serious-disease>

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