

Bariatric focus

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Osteoarthritis leads to disability and need for joint replacement

Obesity Weights On The Joints

The term “arthritis” is a non specific word meant to describe joint inflammation. The most common form of arthritis is osteoarthritis (OA), sometimes referred to as degenerative joint disease (DJD). This condition occurs due to longstanding trauma or compression forces placed on a joint. It is estimated that nearly 16 million Americans suffer from osteoarthritis.

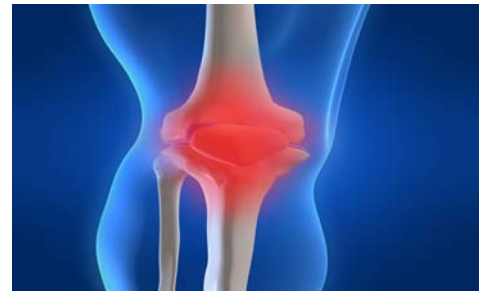
Normally, a smooth layer of cartilage, coupled with a viscous smooth synovial fluid lubricant allows gliding of joint surfaces over one another. With continuous wear and tear, aging, or trauma, these surfaces become disrupted and inflammation occurs. A vicious cycle develops as more inflammation

leads to more damage and further inflammation.

It is estimated that about 4-7 times ones weight is transmitted to the knees or ankles during normal walking. With obesity (as defined by BMI over 30), studies have shown a four times higher rate of osteoarthritis in women and five times higher rate in men than in non obese subjects. On the other hand, a large study showed that losing an average of 11lbs (about 2 BMI units) lowered risk of OA by 50% in a group of women.

Disability from osteoarthritis is due to pain. In severe cases, joint replacement surgery can be necessary to relieve symptoms. While obesity is not a contraindication for the joint surgery, it does increase the incidence of complications.

Preferably we should try to prevent or limit established injury prior to disability. Most authorities recommend weight loss down to a normal BMI, maintaining nutrition (Vitamins C and D particularly), exercise and anti-inflammatory drugs for pain relief



as needed. Other mechanical options such as braces, canes, etc. can also release some weight bearing loads.

“Several studies of patients undergoing weight loss surgical procedures have shown improvement in symptoms of osteoarthritis”, says James Mayes, MD, FACS a bariatric surgeon with Surgical Associates. A recent study from McGill University in Canada of over one thousand patients given surgery for obesity revealed a significant number with either complete withdrawal or 50% decrease of medications for OA. Another study from Pennsylvania of 50 patients showed that up to 25% could withdraw their medications for OA or rheumatoid arthritis.

Alarming New Numbers

86% of Americans age 18 and older may be **overweight or obese** by 2030 and related health care costs would double every decade and could reach \$956.9 billion in 2030 - 1 of every 6 health care dollars spent - according to a new study published by the journal Obesity. The study was conducted based on several large national survey data sets collected over the past three decades.

50% of U.S. adults, as a whole, according to the researchers will become **obese**, as will 97 percent of black women and 91 percent of Mexican-American men by 2030. Moreover, nearly one third of all U.S. children and adolescents could become obese by 2034, and the prevalence could increase to half by 2070. Black girls and Mexican-American boys are especially vulnerable - four in 10 may become overweight or obese by 2030, and half by 2050.

HEALTHY EATING CORNER

CHICKEN ARTICHOKE SOUP (161 Calories, 22grams Protein)

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| 1 14-oz can of artichoke hearts in brine, drained well | 3 tbsp grated Parmesan cheese |
| 2 oz soft tofu | ¾ tsp dried tarragon |
| 1½ tbsp fresh lemon juice | 2 garlic cloves, minced |
| 2 tsp grated lemon peel | ¼ tsp chili powder |
| ¼ tsp ground nutmeg | |
| 2 cups fat-free, low sodium chicken broth | |
| ½ lb. cooked skinless, boneless chicken breast, cubed | |

- Puree artichoke hearts in food processor until chunky
- Add remaining ingredients and puree until smooth
- Pour into large pot, cover & simmer for 10 minutes

