Joint Care

Joints connect bones and allow us to move. With age, they may stiffen, lose flexibility, and wear down, leading to pain, swelling, and arthritis.

Common Joint Conditions

- **Osteoarthritis** - Cartilage breakdown causing pain and stiffness.
- **Rheumatoid Arthritis** - Inflammatory disease leading to joint pain and swelling.
- **Gout** - Uric acid build up causing severe joint pain.
- **Psoriatic Arthritis** - Arthritis linked to psoriasis (scaly rash).
- **Tendinitis** - Tendon inflammation from overuse, causing pain and stiffness.
- **Fibromyalgia** - Widespread muscle and joint pain with fatigue.
- **Lupus** - Autoimmune disease causing joint pain and swelling.

Joint Healthy Exercises

If your loved one has moderate joint pain, encourage **low-impact exercises** like swimming, cycling, strength training, or gentle yoga. Check with your local **senior center** for classes, including options with modifications for different ability levels. Always start with a **warm-up** and finish with a **cool-down** to prevent strain.

Joint Healthy Diet

Encourage a diet with **calcium** and **vitamin D** for strong bones, **omega-3s** to reduce inflammation, **antioxidants** from fruits and vegetables, **whole grains** for energy, and **vitamin C and K** for bone support. Stay **hydrated** to lubricate joints and increase mobility.

Medications and Treatments

Joint pain can be managed with **over-the-counter** or **prescription medications**, **physical therapy**, **injections**, or **assistive devices**. In severe cases, surgery may be an option. Always consult a doctor before starting treatment.

Lifestyle Tips

Encourage **stress relief** with meditation or mindfulness and keep the mind active with new skills or puzzles. Support their healthy lifestyle changes and help them stay on track with regular doctor visits.

The Senior Alliance

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