

# OSTEOARTHRITIS & COMORBIDITIES

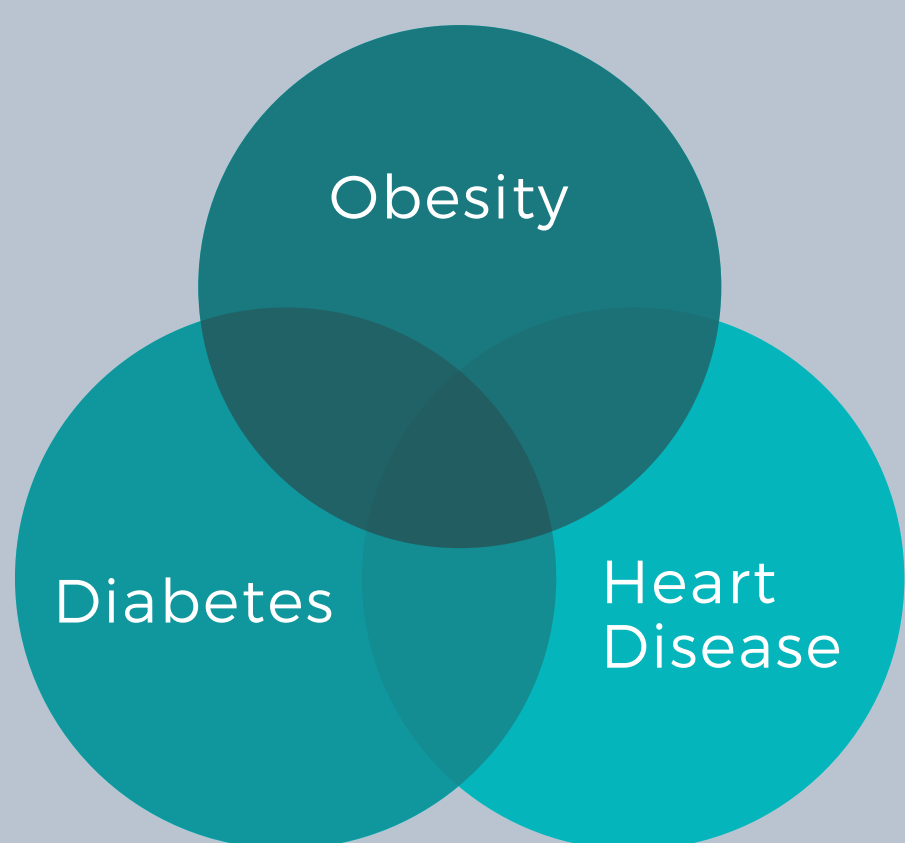
OA is associated with increased comorbidity and mortality

Over half of people with OA have another chronic medical condition and about one-third have 5 or more chronic conditions

## HEART DISEASE

One-third of adults with OA have heart disease

This is almost double the rate of heart disease in adults without OA



## METABOLIC SYNDROME

**MetS** is seen more often in people with OA

### Obesity

57% of patients with knee OA are obese

### Diabetes

More than one-third of patients with knee & hip OA have diabetes

### Heart Disease

In primary care, patients with hip and knee OA have twice the rate of CVD

## DEPRESSION

One third of people with arthritis over the age of 45 suffer from depression or anxiety

People with OA are at greater risk of depression because of increased disability and fatigue associated with their pain



## PHYSICAL ACTIVITY

50% of people with severe joint pain are not physically active compared to 25% of people with no/mild joint pain

Inactivity makes it harder to manage arthritis, obesity, diabetes and heart disease

**REDUCED LEVELS OF PHYSICAL ACTIVITY, COMORBID CONDITIONS, AND ADVERSE EFFECTS OF MEDICATIONS LEAD TO A 55% INCREASE IN ALL-CAUSE MORTALITY**

### References

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