





Did you know that your joint pain and your weight may be connected?

**Osteoarthritis (OA)** is the most common type of arthritis. OA can be caused by excess body weight, aging, a prior joint injury, being female, genetics, and excessive/repetitive movement from certain jobs or sports. For most people, OA can get worse over time if you don't address the symptoms now.

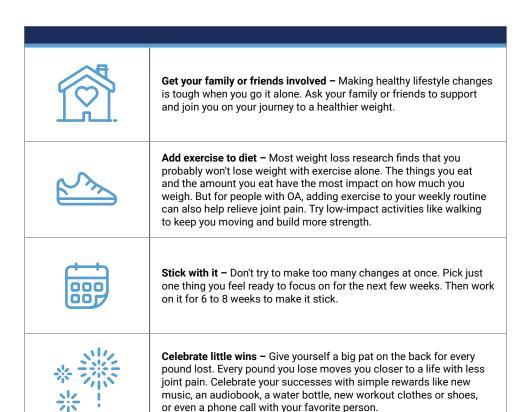
Losing weight isn't easy, but it could mean a world of difference for joint pain. Weight loss might help relieve some of the stiffness, swelling and pain in your joints from OA. Here are some tips to get you started.





4 lbs of pressure on knees

Just 1 pound gained can equal 4 pounds of pressure on your knees for those with joint pain. But it also works in reverse - losing 15 pounds can cut knee pain in half.



There is no cure for arthritis. However, joint pain and OA symptoms can be managed through various treatments, physical activity, lifestyle changes, and education. Visit oaaction.unc.edu/jointpain to learn about treatment and lifestyle changes that get you on the path to less joint pain.

## Losing a few pounds can boost your overall health:

- ✓ Better manage health conditions like diabetes and heart disease
- √ Improve your sleep
- ✓ Impact your self-confidence and mental health
- √ Reduce your chances of needing orthopedic surgery
- Stay more active and get back to favorite hobbies/ activities

## Q:

What advice would you give someone who wants to manage their weight to help with joint pain?

You can do it! Just do it! Start today. Don't wait for a "good day to start." Don't wait for Monday. Start slow and write in your gratitude journal. I'm grateful I started to walk today. Also, don't beat yourself up when you do 20 instead of 30 minutes. Count the win. Break up the increments. Remember, you are special, and your body deserves to feel good!

**Denise Allen**Individual with OA

