Arthritis Myths and Facts About Joint Pain Finally Revealed

Melissa Scott January 16, 2017

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(Newswire.net -- January 16, 2017) Orlando, FL -- Today, it can be quite easy for individuals with arthritis to research and learn more about the condition they are suffering from. However, it seems that many people may not be separating fact from fiction when it comes to arthritis.

Arthritis myths and facts about joint pain are finally revealed. There have been quite a number of misconceptions about joint pain caused by arthritis.

There are many types of arthritis, and the most common are osteoarthritis, rheumatoid arthritis, and gout. For sufferers, pain may sometimes be unbearable. It is not only pain that is caused by the condition but also other symptoms such as swelling, stiffness, and immobility.

One of the myths is that all joint pain is essentially arthritis. However, the truth is that there are over 50 types of arthritis. Individuals who suffer from achy, swollen joints don’t necessarily have any of these arthritic conditions.

Elaine Husni, MD., M.P.H., director of the Arthritis and Musculoskeletal Center and Orthopedic and Rheumatologic Institute at the Cleveland Clinic, indicates that proper diagnosis and treatment are essential for individuals with arthritis. Dr. Husni also added that swollen, achy joints may indicate the occurrence of soft tissue injury or bursitis rather than arthritis. It is imperative for sufferers to visit their healthcare provider to identify what condition exactly they are suffering from.

Another popular myth is that popping or cracking knuckles may need arthritis. Parents often tell their children to stop cracking their knuckles or else they would eventually suffer from the condition. However, it seems that the reality is that this a myth.

According to Mark A. McQuillan, M.D., Associate Professor in the Department of Internal Medicine, Divisions of General Medicine and Rheumatology at the University of Michigan, cracking the knuckles is nothing but a vacuum phenomenon. Pulling the knuckles may dissolve the excess nitrogen gas in the blood, and this is what produces the popping noise. Thus, it won’t actually result in the development of arthritis.

There are other myths such as that warm, dry weather may provide pain relief or that exercise may aggravate joint pain. It is important for arthritis sufferers to learn more about the condition as it can help them manage their pain and overall health status.

In managing arthritis pain, there are many alternatives available, such as the use of glucosamine supplements. Glucosamine occurs naturally in the body, and is believed to have the potential to repair cartilage damage.

Glucosamine has also been believed to be a safer alternative to pain medications, which may cause side effects.

(http://www.amazon.com/vegetarian-glucosamine-supplement/dp/B0126ZF0B0)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.
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