Glucosamine supplementation is widely thought to be a safer alternative to pain medications. This natural remedy has the ability to repair damaged cartilage and enhance overall joint health.

(Newswire.net -- February 9, 2017) Orlando, FL -- Arthritis in the knee can significantly affect not just the mobility of sufferers, but also their overall quality of life. Early diagnosis is believed to be important in the treatment of the condition.

A study reveals MRI can detect early signs of knee arthritis. According to researchers, the Magnetic Resonance Imaging (MRI) test can spot certain knee osteoarthritis warning signs in individuals with normal X-rays.

In the study, the researchers evaluated 849 individuals with the average age of 60. The participants did not exhibit any signs of arthritis in either knee based on the X-ray results. They were considered high-risk individuals due to certain factors such as history of knee injuries or being overweight.

The research team from the Northwestern University also evaluated the bone marrow and lesions, as well as cartilage damage. They also assessed the meniscus tears on the MRI images, which were taken three years apart.

If the MRI results showed increased damage during that time, the participants were at a high risk of developing knee arthritis or certain symptoms, such as stiffness, pain, and swelling.

According to the researchers, the risk of knee arthritis was three to twenty times greater within three years depending on the lesion type shown in the MRI results.

Dr. Leena Sharma, lead investigator and a rheumatologist and professor of medicine, said in a university news release that early warning signs come in the development of these worsening lesions. These lesions also provide a chance for intervention before the person suffers from the debilitating condition.

Dr. Sharma also added that employment of aggressive prevention strategies in individuals with these lesions before the development of knee osteoarthritis provides healthcare providers the opportunity to delay the development of the disease.

Some of the preventive measures are avoiding harmful, intense physical activities and weight control. The findings of the study were published in the Annals of the Rheumatic Diseases.

Today, knee osteoarthritis sufferers turn to the use of pain medications to achieve pain relief. One of these medications is nonsteroidal anti-inflammatory drug (NSAID). While these pharmaceutical drugs are helpful in easing osteoarthritis pain, it causes certain side effects.

Glucosamine supplementation is widely thought to be a safer alternative to pain medications. Glucosamine is one of the popular joint enhancement supplements available in the market today. This natural remedy is believed to have the ability to repair damaged cartilage and enhance overall joint health.

There are many glucosamine supplements available nowadays, and the best ones contain another therapeutic compound called methylsulfonylmethane (MSM), which is believed to help fight arthritis pain and inflammation.

(http://amazon.com/Glucosamine-Sulfate-Supplement-2000mg-serving/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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