Genetics May Significantly Increase the Risk of Osteoarthritis

Michelle O'Sullivan August 16, 2017

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(Newswire.net -- August 16, 2017) Orlando, FL -- Osteoarthritis affects a huge number of people from around the world. There are triggers and contributory factors of the condition, and one is family history.

Genetics may significantly increase the risk of osteoarthritis. This condition is characterized by wear and tear in the joint cartilage. It is believed to commonly affect the aging population.

According to some experts, osteoarthritis develops when the joint cartilage wears away. Wear and tear in the joint cartilage could be due to years of walking and doing physical activities.

While age is a risk factor, there are those believed to be genetically predisposed to the condition. Osteoarthritis is multifactorial, as it is triggered by environmental and genetic factors.

It has long been known that individuals with a family history of osteoarthritis are more susceptible to suffering from the condition. As a matter of fact, if a woman has an aunt or mother with osteoarthritis, she is more likely to also suffer from it.

Experts reveal that the human genome is found in the two sets of 23 chromosomes found in the cells from the mother and father. These chromosomes have the genes that contain information, which provides a specific instruction to the cell. One of the instructions is to produce collagen, which is a substance that is involved in the composition of the cartilage.

According to Mendel’s Laws of Inheritance, the transmission of genetic diseases is due to the mutation in one gene. Osteoarthritis risk can recur from one generation to another.

Individuals who suffer from osteoarthritis are typically susceptible to living a reduced quality of life. This is due to the pain and other undesirable symptoms caused by the condition.

Pain causes sufferers to be unable to function as people who are without the condition. In addition to pain, osteoarthritis could also cause physical limitations and other symptoms. To fight pain and inflammation, many arthritis sufferers turn to various measures to improve their overall condition.

There are arthritis sufferers who turn to physical therapy while others use pain relievers. Over decades, pain medications such as nonsteroidal anti-inflammatory drugs (NSAIDs) have been used by individuals with arthritis.

NSAIDs are formulated to ease pain and reduce inflammation, especially in individuals with arthritis. It is an easy and quick option considering that all sufferers need to do is swallow the medication.

However, it is important to understand the repercussions in using these pharmaceutical drugs. While they may be effective in easing pain on a temporary basis, they may potentially cause side effects.

These side effects can range from gastrointestinal bleeding to kidney disease. It may not happen during the use of medications, but they may eventually develop. There are osteoarthritis sufferers who are not willing to sacrifice their health by obtaining the temporary pain-relieving effects of pharmaceutical drugs.

Many osteoarthritis sufferers resort to safer alternatives, such as glucosamine. The use of glucosamine has been increasingly becoming popular over the years, especially among individuals with the condition.

Glucosamine has a high potential to help repair cartilage damage, which could be quite helpful in cases of osteoarthritis. One of the main features of this natural ingredient is that it doesn’t cause side effects.
There are many arthritis sufferers who feel safer when using glucosamine. It is believed to ease pain without even risking the health of consumers.

(https://www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUM09X4)

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