Rheumatologists Recommend Non-Drug Osteoarthritis Treatment Approaches

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(Newswire.net -- September 12, 2017) Orlando, FL -- Arthritic conditions, such as osteoarthritis, could be painful and debilitating. While there are medications available, it is best to explore other options that could potentially fight symptoms. Rheumatologists recommend the non-drug treatment approaches for osteoarthritis. This degenerative joint disease normally affects the joints in the hand, feet, hip, and spine.

There are about 27 million Americans who suffer from this type of arthritic condition. There are actually risk factors of the condition, and one is old age.

Older adults tend to be more prone to the condition due to the years of walking, running, and engaging in other physical activities.

The joint cartilage protects the bones from friction during movements. However, when it wears away, this protection starts to disappear. This may then cause pain and other symptoms normally experienced by individuals with osteoarthritis.

Gender, such as being a woman, is also a risk factor. Other factors include obesity and joint injuries.

According to experts, osteoarthritis symptoms gradually develop and worsen over time. Sufferers may experience a sensation of stiffness or aching and their condition may worsen during activity. However, when at rest, their condition improves.

The symptoms may occur intermittently and can cause a grating sensation, especially during joint movement. Doctors often conduct a physical exam and take a sample of the joint’s synovial fluid.

The cure for osteoarthritis has not been discovered yet. However, there are medications such as nonsteroidal anti-inflammatory drugs (NSAIDs).

It is undeniable that NSAIDs are helpful in relieving pain and fighting inflammation temporarily. However, their use has been linked with long-term side effects.

Thus, experts recommend that sufferers should resort to non-drug treatments to reduce pain as well as enhance joint movement, flexibility, and the quality of life of sufferers.

Non-drug approaches as well as lifestyle modifications include physical therapy, weight loss, and exercise.

All of these approaches are considered to be safe and potentially effective in reducing symptoms. There are also natural remedies, such as the use of glucosamine, that are thought to be an excellent non-drug approach.

This natural remedy is even widely preferred by individuals with osteoarthritis. There are sufferers who believe that glucosamine is safer than pharmaceutical drugs.

Glucosamine naturally occurs inside the body, and is thought to have the potential to repair cartilage damage. It is considered to be safer considering that it doesn’t cause the side effects associated with NSAIDs and other pain relievers.

It is further worth mentioning that the use of glucosamine has been linked with various health benefits. It is also an inexpensive non-drug remedy for the condition.
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