Osteoarthritis Sufferers Are at an Increased Risk of Heart Disease

Michelle O'Sullivan February 21, 2018

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(Netwswire.net -- February 21, 2018) Orlando, FL -- Having osteoarthritis alone is already a struggle for many due to the pain, stiffness and other symptoms it causes. However, it appears that it is not only these symptoms that could make the daily life of sufferers a struggle, but also its complications.

Osteoarthritis sufferers are at an increased risk of heart disease. This common form of arthritis is characterized by the wear and tear in the joint cartilage. Daily life could be extremely difficult since pain could hinder sufferers from doing their daily routines, even the simple ones like climbing up the stairs. Unfortunately, there are other things that arthritis sufferers are susceptible to like complications.

A Canadian study, which was featured in the Arthritis Care & Research, reveals that sufferers of osteoarthritis in the hip or knee are more prone to cardiovascular ailments. The researchers further revealed that women and older men with the condition were more susceptible to hospitalization than those without the condition.

According to Dr. M. Mushfiqur Rahman, PhD, from the University of British Columbia whose special expertise is in osteoarthritis, the link between the increased risk of cardiovascular ailments and osteoarthritis may be due to some risk factors. These are obesity, inactivity, chronic inflammation, muscle weakness and use of pain relievers.

Pain medications are typically resorted to by individuals who suffer from pain and inflammation due to arthritis. Nonsteroidal anti-inflammatory drugs (NSAIDs) are an example of these pharmaceutical drugs. This type of medication is not just popular among arthritis sufferers but also athletes.

It works by relieving pain on a temporary basis. This allows individuals with arthritis to move and perform their routines. However, it is important to remember that the use of pain relievers has been linked with adverse effects, such as the increased risk of heart attack and gastrointestinal bleeding.

It would be wide for individuals with osteoarthritis to take into account the use of safer alternatives like glucosamine, which has been widely thought to be one of the most efficient joint health enhancing supplements.

Glucosamine does not cause the side effects linked with the use of pharmaceutical drugs. What makes it even more advantageous is that it could strengthen the health of the joint cartilage.

Osteoarthritis sufferers who want to take advantage of the therapeutic effects of glucosamine and protect their heart from the side effects linked with pain medications may consider the use of VitaBreeze Glucosamine Supplements.

This extra strength formula even contains a combination of therapeutic ingredients, such as turmeric, chondroitin and methylsulfonylmethane (MSM).

(www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4)

About VitaBreeze

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