New Study Reveals Why Osteoarthritis Continues to Increase

Michelle O'Sullivan January 06, 2019

VitaBreeze Glucosamine formula could be extremely useful for those who want to ward off this arthritic condition.

(Newswire.net -- January 6, 2019) Orlando, FL -- Osteoarthritis affects millions of people in the United States alone. This painful and debilitating condition is often addressed through the use of medications. However, it is important to remember that it has no cure yet, and it appears to affect more and more people.

New study reveals why osteoarthritis continues to increase. According to some experts, knee osteoarthritis has actually more than doubled in prevalence since the mid-20th century.

A team of researchers from Harvard University conducted this study, which was featured in the Proceedings of the National Academy of Sciences. This study found that the increasing prevalence of knee osteoarthritis may be due to modifiable risk factors like high body mass index (BMI).

It has been found that females were more affected with the condition than males. The researchers suggest that it could be due to joint overload due to high BMI.

Today, it can’t be denied that there are many people who are either obese or overweight. It has actually become quite easy to gain extra pounds due to the wide availability of delicious and cheap food.

There are also many activities today that necessitate sitting, such as playing games, surfing on the internet, watching TV, and even working. Living a sedentary lifestyle is another contributing factor for weight gain.

Maintaining healthy joints could be extremely helpful in reducing the risk of osteoarthritis. Since this condition has no cure yet, sufferers are left with no choice but to manage its symptoms. This includes pain, stiffness, and physical limitations, which can have significant effects on one’s overall quality of life.

Medications like nonsteroidal anti-inflammatory drugs (NSAIDs) are widely used by osteoarthritis sufferers. However, it is worth realizing that this type of medication can cause side effects. What makes it even more disadvantageous is that it doesn’t offer permanent pain relief to the condition.

There are ways to strengthen and protect joint health, and one is to use glucosamine. This is a naturally-occurring substance in the body that has been found to offer protection to the joint cartilage.

It doesn’t just have a great potential to repair cartilage damage, but also enhance overall joint health. It is important to understand that cartilage damage is common in osteoarthritis.

VitaBreeze Glucosamine formula could be extremely useful for those who want to ward off this arthritic condition. This GMP-certified, highly-potent formula is even widely used by individuals who already have osteoarthritis.

What makes this formula even more beneficial is that it is not just highly potent and pure, but it also has other arthritis-fighting ingredients. These are turmeric, chondroitin, and methylsulfonylmethane (MSM).

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

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company’s products are manufactured in the United States using the finest-quality
ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit http://www.VitaBreeze.com to learn more.

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