

arthritis

COMMON FORMS AND
TREATMENT



Arthritis is a group of conditions involving damage to the joints of the body, and it is the leading cause of disability in people older than 55.

Common Forms of Arthritis

There are many forms of arthritis, with one of the most common being osteoarthritis. Osteoarthritis, which is also known as degenerative joint disease, is a result of trauma to the joint, infection of the joint, or is sometimes due simply to the aging process.

History and Physical Examination of Arthritis

No matter what form of arthritis one has, pain is a major symptom as a result of—and sometimes contributing to—poor function in the affected joint or joints.

For a proper diagnosis of arthritis, your doctor must consider your personal symptom history, including the following features: speed and time of the disease onset; pattern of joint involvement; whether joints are involved symmetrically; whether there is early morning stiffness; whether there is tenderness or gelling or locking of the joints with inactivity;

aggravating and relieving factors; and other symptoms not involving the joints.

Treatment Overview for Arthritis

Treatment options vary depending on the type of arthritis you have, and include physical therapy and occupational therapy, lifestyle changes such as exercise and weight control, medications, acupuncture and dietary supplements. Arthroplasty (joint replacement surgery) may be required in the most destructive forms of arthritis.

In general, studies have shown that physical exercising of the affected joint may noticeably improve the long-term pain pattern. Exercising of the arthritic joint is also encouraged to maintain joint health and overall well-being. Other forms of therapy consist of topical salves, temperature alteration of the affected joints and nutrition in inflammatory arthritis. In addition to drugs, physical therapy, mud applications, yoga and acupuncture can help with functional improvement.

(Dr. Harvey Gilbert, MD | caregiver.com)



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Caregivers CORNER

A quarterly newsletter for
MCFI Home Care caregivers
Fall 2015



bits & pieces

52.5M

adults in the United States
reported being told by a doctor
that they have some form of
arthritis.

(Centers for Disease
Control and Prevention)



Home Care meets quality outcomes

MCFI Home Care met all the requirements for receipt of the outcome-based quality bonus payment from Care Wisconsin for all clients submitted for consideration.

Home Care submits quality data to meet the following measures: exceptional challenges, collaboration, community connecting, client stability in the home, and employee engagement.

Care Wisconsin is a nonprofit managed care organization that matches frail seniors and people with physical and intellectual disabilities to the health care and long-term care supports and services they need.

SEDA is now enrolling

MCFI's School for Early Development and Achievement is enrolling students in K4 to second grade got for 2015-16 school year.

Chartered through the University of Wisconsin-Milwaukee, SEDA accepts students with and without disabilities and has smaller classrooms to meet students' individual needs.

SEDA, inside MCFI, 2020 W. Wells St., provides free transportation plus two nutritious meals and two snacks each day in a safe, nurturing environment.

To learn more, please contact Principal Nicki Ciarro at 414-937-2059.



WHY IT'S GOOD TO

S-T-R-E-T-C-H

Why does it feel so good to stretch? Because it's a form of movement that both energizes and relaxes at the same time. Stretching requires deeper breathing, which sends oxygen and energy through your body. It simultaneously releases tension stored in your muscles.

Try taking a stretching break when you're feeling stressed or tired. It's as easy as reaching for the ceiling while you're sitting or standing, wiggling your fingers as you hold the stretch for 10 to 20 seconds or so. Then stand up and reach one arm over your head as you tilt from the waist in the same direction. Finally, reach down toward your toes. (It doesn't matter if you can't stretch quite that far. As one wag said, "If God meant for us to touch our toes, he would have put them on our knees.") Don't forget to breathe slowly and deeply throughout.

(Paula Spencer Scott |

Caring.com contributing editor)

FOODS TO LOSE:

eat the right foods and weight may peel off



Don't get sucked into the idea that food is your enemy when you're trying to lose weight. In fact, it's just the opposite: Be-friend the right foods, and the pounds are much more likely to peel off than if you just try to cut calories across the board. Here, seven foods known to nutritionists to boost your metabolism and make it easier to lose weight.

1. Oats

Old-fashioned steel-cut and rolled oats, with up to 5 grams of fiber per serving, are best, but even instant oatmeal has 3 to 4 grams of fiber per serving.

2. Eggs

Dietary studies have found that when people eat an egg every morning, they lose twice as much weight as those who eat a breakfast that's dominated by carbs.

3. Yogurt and skim milk

The combination of calcium, vitamin D, and low-fat protein in skim milk and nonfat yogurt trigger weight loss and help build and maintain lean muscle.

5. Apples

Numerous studies have found that eating an apple a half hour to an hour before a meal has the result of cutting the calories of the meal. Why? The fiber in the apple makes you feel full, so you eat less.

7. Almonds and almond butter

While almonds are calorie-dense, they also pack a huge nutritional punch -- and they help counteract cholesterol and triglycerides, too. Spreading almond butter on your morning toast gives you a nice protein boost while preventing the carbs in the toast from spiking your blood sugar.

(Melanie Haiken | Caring.com senior contributing editor)

NO EXCUSES

3 approaches to get you moving



Lack of time to exercise.

Stress and bad coping mechanisms (e.g. ,I think I'll munch away the blues with a cereal right from the box.)

Lack of time to prepare nutritious meals.

Lack of extra money to spend on fresh foods, the gym, or helping hands that would ease the stress that leads to the cereal box.

Legitimate excuses, all. But still excuses to remain out of shape. Instead of the usual diet-and-exercise lecture, consider these three new approaches to an old problem:

1. Re-think your incentives.

Never mind fantasizing about yourself in a swimsuit this summer or how you wish you'd look in family photos. When you're a caregiver, one of the best reasons to haul yourself onto a road to better health might be one that may be staring you in the face day after day: dementia.

The Archives of Neurology recently reported on neurological disorders and how they relate to metabolic diseases. The upshot: The link between dementia and disorders like diabetes and heart

disease is growing stronger and if you're an overweight midlife caregiver scarier.

2. Reject the word "diet."

Often the first reaction to a good health incentive is, "Okay! I'll go on a diet!" But personal and professional experience convinces me that losing weight is usually an issue of managing emotions, not managing food. One starting place I love on this topic — and it's short enough for the busiest caregiver to get through — is Susie Orbach's book "On Eating."

3. Reinvent your idea of exercise.

"Exercise" is another daunting word. Think plain old "movement" instead. Start moving more even if this means starting really small. Can you walk around the block or even around the house? Lift three-pound hand weights, even if you can only lift them three times in a row at first.

Do these things not to burn calories, but with the goal of finding more energy and improving your mood. Those may sound like counterintuitive benefits to sweating and doing something you dislike for those reasons -- but it works.

(Source: caregiving.com)