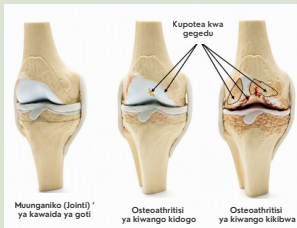


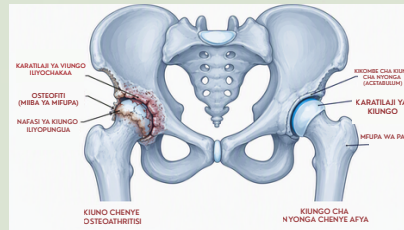
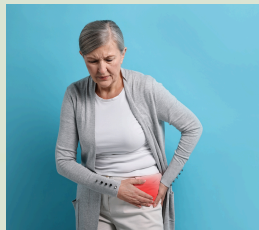
Je, ni nini?

Osteoarthritis ni tatizo la kawaida la viungo. Hutokea wakati ule utando laini wa kinga (kartilaji) unaofunika ncha za mifupa yako unapochakaa kadiri muda unavyopita. Hali hii inaweza kusababisha mifupa kusugua, na hivyo kusababisha maumivu, uvimbe, na ugumu wa viungo. Inaweza kuathiri kiungo chochote, lakini mara nyingi huathiri magoti, viungo vya nyonga (viuno), mikono, na uti wa mgongo

Goti



Kiuno cha nyonga



Dalili za kawaida



Maumivu na ugumu wa viungo, hasa baada ya kupumzika au asubuhi.



Ugumu wa kutembea, kupanda ngazi, au kuinuka kutoka kwenye nafasi ya kukaa.



Kupungua kwa mwendo au unyumbufu katika kiungo kilichoathirika.



Hisia ya kusugua, kugusana, au kusaga unaposogeza viungo (jointi).

Kinachoweza kusaidia?



Kutembea taratibu



Kuendesha baiskeli



Mazoezi ya majini



Tai Chi



Mazoezi ya kuimarisha misuli



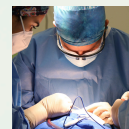
Dawa salama (zungumza na daktari wako)



Mpango wa Usimamizi wa Daktari wa Familia



Tiba ya viungo



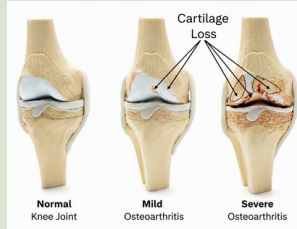
Upasuaji wa kubadilisha kiungo (hatua ya mwisho)

Osteoarthritis ni tatizo la muda mrefu lisiloweza kupona kabisa, lakini linaweza kudhibitiwa. Dumisha ushupavu wa mwili, zingatia uzito wenye afya, zingatia mambo unayoweza kufanya, na ushirikiane na timu yako ya wataalamu wa afya. Upasuaji kwa kawaida huzingatiwa tu wakati njia nyingine za matibabu hazijasaidia vya kutosha. Unaweza kuishi maisha yenye tija na yenye shughuli mbalimbali ukiwa na Osteoarthritis.

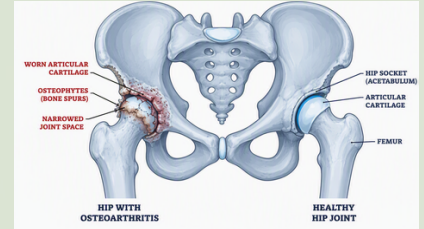
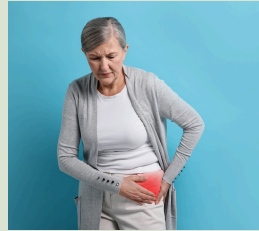
What is it?

Osteoarthritis is a common joint problem. It happens when the protective cushion (cartilage) covering the ends of your bones breaks down over time. This can cause the bones to rub together, leading to pain, swelling, and stiffness. It can affect any joint, but often knees, hips, hands, and spine.

Knee



Hip



Common Symptoms



Pain and stiffness in the joint, especially after resting or in the morning.



Difficulty walking, climbing stairs, or getting up from a seated position.



Reduced movement or flexibility in the affected joint.



A grating, clicking, or grinding sensation when you move the joint.

What Can Help?



Gentle walking



Cycling



Water exercise



Tai Chi



Muscle strengthening exercises



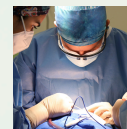
Safe medicines (talk to your GP)



GP Management Plan



Physiotherapy



Joint replacement surgery
(a last option)

Osteoarthritis is a long-term condition and not curable, but can be managed. Stay active, keep a healthy weight, focus on what you can do and work with your healthcare team. Surgery is usually only considered when other treatments do not help enough. You can live a full and active life with Osteoarthritis.