

WHAT IS OSTEOARTHRITIS?

Osteoarthritis (OA) is the most common joint disease and involves changes to the entire joint including the bone, cartilage, joint capsule, joint fluid, ligaments, and muscles.



OA affects more than **4.4 million Canadians**¹.



In the next 30 years, more than **1 in 4 Canadians** are expected to develop OA¹.



OA commonly affects the **hips and knees**².

OA symptoms

may include joint pain, stiffness, tenderness, a sensation of grinding, swelling, or loss of motion.



OA is a **complex condition**. Joint changes seen on x-ray may not always match symptoms^{3,4}.



OA is the **leading cause of disability worldwide**⁵.

**IF YOU HAVE BEEN DIAGNOSED WITH OA,
MAKE A COMMITMENT TO OPTIMIZE YOUR JOINT HEALTH.**