

Mayo Clinic Minute

Finding relief for osteoarthritis pain

Video	Audio
	Sore hips, knees or shoulders. Arthritis in those joints can be painful. Dr. Eric Matteson, a rheumatologist at Mayo Clinic says ...
Eric Matteson, M.D. Rheumatology Mayo Clinic	“...arthritis is damage in the joints.
	One kind of arthritis comes with aging.
	“Osteoarthritis, or wear and tear arthritis, the kind that most of us are going to get as we get older.”
	Dr. Matteson says the pain can affect a person’s overall quality of life. He says lifestyle choices can affect a person's risk for getting arthritis.
	“Physical activity, minding your weight, smoking cessation is important because smoking is actually related to developing arthritis as well.
	Over-the-counter pain medications may offer relief.
	“We try also to have patients do things beyond taking medicines that will relieve pain, being physically active, using heat or cold sometimes when the joints are especially uncomfortable.”
	For the Mayo News Network, I’m Vivien Williams.