Experts Reveal The Myths About Joint Pain And Arthritis Sufferers Should Know About

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Orlando, FL? June 8, 2016 ? Arthritis is one of the most prevalent conditions nowadays that does not just cause pain but also immobility. While a wealth of information about the condition can be easily accessed online, there are still many individuals with arthritis who are not yet aware about facts and myths of arthritis.

M. Elaine Husni, MD, MPH, Vice Chair of Cleveland Clinic?s Arthritis and Musculoskeletal Treatment Center at the Orthopaedic & Rheumatologic Institute, says there?s a lot of misinformation about OA pain and treatment. Husni elaborated on 6 myths in particular relating to joint pain.

According to statistics, there are more than 27 million people in the United States who suffer from osteoarthritis. This condition can develop over the years due to wear and tear in the joint cartilage. Wear and tear takes place after years or walking and doing some physical activities.

The symptoms of osteoarthritis are tenderness, stiffness, pain, and physical limitations. After engaging in an activity, the pain typically worsens. However, the severity of pain may vary from one person to another.

One of the most common misconceptions is that all joint pain is arthritis. "Other conditions, such as tendonitis, bursitis or other soft-tissue injuries also cause joint pain," says M. Elaine Husni. This is something that many people may be surprised to learn.

There is also a widespread belief that the rain and damp weather can aggravate arthritis symptoms. According to many arthritis sufferers, they know it?s going to rain when they start feeling a twinge in their knuckle or knee. However, there hasn?t been any scientific evidence that support this claim.

In the arthritis community, many sufferers believe that certain food items are dietary cures for the condition. Among these foods are grapefruit, rum-soaked raisins, and nightshade vegetables. This is not at all true because there hasn?t been any cure yet discovered for arthritis.

It is, however, important to note that certain dietary and lifestyle modifications can help sufferers manage the symptoms and their overall condition.

?Many arthritis sufferers resort to the use of natural alternatives such as glucosamine supplements,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan. Elaine Husni stated, "we advise people to take glucosamine with chondroitin for three months to see if it makes any difference." Some people will generally notice results sooner than others depending on their condition and also their diet.

There are remedies such as the application of heat or cold used by many arthritis sufferers. The misconception is that heat is more helpful for sore joints. According to experts, both heat and cold are helpful for arthritis sufferers.

It is believed that when ice is applied at night, it could help ease joint inflammation caused by daily activities. Heat application in the morning, on the other hand, is believed to relax the muscles and reduce stiffness in the joints.

Today, more and more arthritis sufferers are exploring their knowledge towards the condition. There are those who, instead of using pain medications that are associated with side effects, use natural remedies such as glucosamine supplements (amazon.com/Glucosamine-Sulfate-Chondroitin-Supplement-Turmeric/dp/B00DUMO9X4/).

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