



Orthopedic Health Facts

✓ Musculoskeletal conditions include back pain, arthritis, traumatic injuries, osteoporosis, and childhood conditions. These conditions are also the most common cause of severe long-term pain and physical disability around the world affecting hundreds of millions of people.¹

✓ Musculoskeletal conditions are reported by U.S. citizens more than any other health condition. It is estimated that these conditions occur in nearly half of all people over the age of 18 .

✓ Roughly one in four (24.5%) musculoskeletal diseases occurs in persons age 65 years and older. Almost 40% of musculoskeletal diseases occur among persons age 45 to 64 years. Overall, more than 75% of musculoskeletal diseases are reported by persons under the age of 65 years.¹

✓ Bone and joint disorders account for more than one-half of all chronic conditions in people older than 50 years of age in developed countries, and are the most common cause of severe, long-term pain and disability.¹

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Arthritis or Osteoporosis Patient Workshops
Phone (510) 238-4851

Arthritis Facts

✓ Arthritis is actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases and conditions that can affect people of all ages, races and genders. By 2030, an estimated 67 million Americans will have some form of arthritis.⁴

✓ Arthritis is not just a disease of old age. Two-thirds of people with arthritis are under the age of 65, including 300,000 children.⁴

✓ Of the more than 50 million Americans with arthritis, more than 36 million are Caucasians, more than 4.6 million are African-Americans and 2.9 million are Hispanic.⁴

✓ Arthritis can take many forms, but three of the common diseases that make up arthritis are osteoarthritis (OA), rheumatoid arthritis (RA) and juvenile arthritis (JA).⁴

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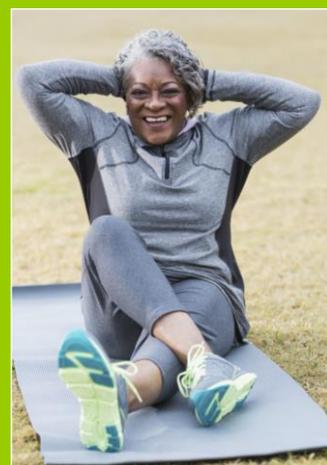
Osteoporosis Facts

✓ While we might think of bones as hard and lifeless, they actually are living, growing tissue; throughout our lives we constantly lose old bone and make new bone. Bones are made up of flexible collagen, hardening calcium-phosphate mineral complexes and living bone cells that replace weakened sections of bone.³

✓ Children and teenagers form bone faster than they lose bone. As we age we can lose more bone than we form. Osteoporosis happens when we lose too much bone, make too little bone, or both.³

✓ Whatever our age, it's possible to adopt habits that can help protect bone health. Important protective behaviors include getting enough calcium and vitamin D, eating a well-balanced diet rich in fruit and vegetables, engaging in regular exercise, limiting alcohol consumption and avoiding smoking.³

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Arthritis Facts

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✓ Osteoarthritis (OA), the most common form of arthritis, is a progressive degenerative joint disease characterized by the breakdown of joint cartilage associated with risk factors, such as overweight/obesity, history of joint injury and age.⁴

✓ Rheumatoid Arthritis (RA), a systemic disease characterized by the inflammation of the membranes lining the joint, which causes pain, stiffness, warmth, swelling and sometimes severe joint damage.⁴

✓ Juvenile Arthritis (JA) is an umbrella term used to describe the many autoimmune and inflammatory conditions that can develop in children ages 16 and younger.⁴

✓ Arthritis places a growing burden on the health care and economic systems in this country. It is the leading cause of disability in the United States, representing 44 million outpatient visits and 992,100 hospitalizations each year.⁴

✓ According to the U.S. Department of Health and Human Services there is strong evidence indicating that both endurance and resistance types of exercise provide considerable disease-specific benefits for people with osteoarthritis (OA) and rheumatic conditions.

✓ A growing body of research indicates that exercise, weight management and the avoidance of joint injury can go a long way in helping to prevent OA.⁴ Every one pound of weight loss results in four pounds of pressure taken off each knee.⁴

About Us

Jackson Orthopaedic Foundation is a 501 c(3) non-profit organization dedicated to improving the lives of people with musculoskeletal conditions through education, research and service. Since our founding in the late 1990s, our goal has been to raise the standard of care of orthopedic patients in the San Francisco East Bay and beyond.

For more information visit
www.jacksonortho.org

Orthopedic Health Facts

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✓ Musculoskeletal disorders are associated with high costs to employers such as absenteeism, lost productivity, and increased health care, disability, and worker's compensation costs. MSD cases are more severe than the average nonfatal injury or illness (e.g., hearing loss, occupational skin diseases such as dermatitis, eczema, or rash).²

✓ The Institute of Medicine estimates of the economic burden of work-related musculoskeletal disorders – including carpal tunnel syndrome and back injuries – as measured by compensation costs, lost wages, and lost productivity, are between \$45 and \$54 billion annually.²

✓ Musculoskeletal disorders account for nearly 70 million physician office visits in the United States annually, and an estimated 130 million total health care encounters including outpatient, hospital, and emergency room visits.²

✓ In 2011, “Baby Boomers” became beneficiaries of Medicare, and the economic and societal cost of bone and joint health is expected to begin an escalation that will endure for decades.¹

✓ Without appropriate prevention measures, the prevalence of musculoskeletal conditions is predicted to increase greatly as the global population globe becomes older, increasingly obese and more sedentary.²

Osteoporosis Facts

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✓ Even after children and teens stop growing taller, they continue to make more bone than they lose. Bone density usually peaks between the ages of 18-25. After we reach this peak bone mass, the balance between bone formation and bone loss might change. In midlife, bone loss usually speeds up in both men and women, with bone loss increasing for women after menopause. In fact, in the five to seven years after menopause,³ women can lose up to 20 percent or more of their bone density.

✓ The term “low bone density” means a person’s bone density is lower than normal, but not low enough to be considered osteoporosis. People with low bone density are more likely to break a bone and may have a greater chance of getting osteoporosis because they have less bone to lose.³

✓ There are two categories of osteoporosis medications: *antiresorptives* that slow bone loss and *anabolics* that increase the rate of bone formation. When choosing a medication, you and your healthcare provider may want to look at a variety of factors including your gender, your age, the severity of your osteoporosis, and your personal preference for type of medicine: pill, liquid, IV medicine, nasal spray or injection.³