

Osteoarthritis Fact Sheet

About Osteoarthritis

- Osteoarthritis is one of the most common forms of arthritis,¹ affecting nearly 27 million Americans² and 151 million individuals worldwide.³
- Osteoarthritis, known as the “wear-and-tear” kind of arthritis, is a chronic condition characterized by the breakdown of the joint’s cartilage. The breakdown of cartilage causes the bones to rub against each other, resulting in stiffness, pain, and loss of movement in the joint.¹
- A combination of factors can contribute to osteoarthritis, including being overweight, aging, joint injury or stress, heredity, and muscle weakness.⁴
- Osteoarthritis can affect the hands, spine or large weight-bearing joints, such as the hips and knees.⁴

Signs and Symptoms of Osteoarthritis⁵

- Pain: Joints may hurt during or after movement.
- Tenderness: Joints may feel tender when applying light pressure.
- Stiffness: Joint stiffness may be most noticeable in the morning or after a period of inactivity.
- Loss of flexibility: Moving joints through their full range of motion may not be possible.
- Grating sensation: A grating sensation may be heard when you use the joint.
- Bone spurs: These extra bits of bone, which feel like hard lumps, may form around the affected joint.

The Prevalence of Osteoarthritis

In The United States

- As the population ages, the number of people with osteoarthritis will only grow. By 2030, 20 percent of Americans will have passed their 65th birthday and will be at high risk for the disease.⁶
- From 1990 to 2005, the number of US adults affected by osteoarthritis increased from 21 million to 26.9 million.⁷

By Gender

- Worldwide, osteoarthritis impacts approximately 18% of women and 9.6% of men aged 60 and above.⁸
- Of the nearly 27 million Americans who have osteoarthritis, approximately 16 million are women.⁹
- Symptomatic Hand osteoarthritis: 8.9% female; 6.7% male aged 60+ years.⁷
- Symptomatic Knee osteoarthritis: 13.6% female; 10.0% male adults aged 60+ years.⁷
- Under age 45, more men than women have osteoarthritis.¹⁰
- Over age 55, more women than men have osteoarthritis.¹⁰

¹ Arthritis Foundation. Osteoarthritis: What is it? http://www.arthritis.org/disease-center.php?disease_id=32 Accessed April 16, 2010.

² Helmick, C., Felson, D., Lawrence, R., Gabriel, S., et al. Estimates of the Prevalence of Arthritis and Other Rheumatic conditions in the United States. *Arthritis & Rheumatism* 58(1), 15-25. 2008

³ Global Burden of Osteoarthritis in the year 2000, (Symmons, Mathers, Pflieger, 2006), *Global Burden of Disease 2004*

⁴ The Mayo Clinic. Osteoarthritis: Causes. <http://www.mayoclinic.com/health/osteoarthritis/DS00019/DSECTION=causes>. Accessed February 9, 2009.

⁵ The Mayo Clinic. Osteoarthritis.Symptoms. <http://www.mayoclinic.com/health/osteoarthritis/DS00019/DSECTION=symptoms> Accessed September 21, 2010

⁶ NIAMS. Osteoarthritis. Who has osteoarthritis? http://www.niams.nih.gov/Health_Info/Osteoarthritis/default.asp#3 Accessed August 30, 2010.

⁷ Centers for Disease Control and Prevention. Osteoarthritis. Available at <http://www.cdc.gov/arthritis/basics/osteoarthritis.htm>. Accessed July 15, 2010.

⁸ Chronic rheumatic conditions” Fact Sheet. World Health Organization. <http://www.who.int/chp/topics/rheumatic/en/>. Accessed September 2008.

⁹ Arthritis Foundation. Arthritis in Women. <http://www.arthritis.org/women.php> . Accessed August 30, 2010.

¹⁰ Carson-DeWitt, R. Aurora HealthCare. Risk Factors for Osteoarthritis. http://www.aurorahealthcare.org/yourhealth/healthgate/getcontent.asp?URL_healthgate=%2219922.html%22 Accessed August 30, 2010

By Race

- Overall, in the US, all races appear equally affected by osteoarthritis.¹¹
- African-American women have more osteoarthritis of the knee and less osteoarthritis of the hand than do Caucasian women in the US.¹⁰

Economic Burden

- In 2007, osteoarthritis increased the probability of missed workdays by 14% in women and by 12% in men. The magnitude of the effect of osteoarthritis on workdays lost was larger than that for other common conditions such as anxiety disorder, asthma, or diabetes.¹²
- Osteoarthritis increases annual per capita absenteeism costs by \$469 for women and \$520 for men—approximately three lost workdays.¹²
- Extrapolated to the entire country, osteoarthritis increases absenteeism costs by \$10.3 billion per year—\$5.5 billion for women and \$4.8 billion for men.¹²

Treatment Options

- Nonsteroidal anti-inflammatory drugs (NSAIDs) are commonly prescribed to relieve pain and reduce inflammation.¹³ NSAIDs are the most prescribed class of medicines in the world¹³ and approximately 70 million prescriptions for NSAIDs are dispensed annually in the United States.¹⁴
- Common treatments for OA include nonselective NSAIDs and COX-2 selective inhibitors.^{13,15}
- More than 14 million Americans with arthritic conditions regularly consume NSAIDs.¹⁶
- Lifestyle changes can help alleviate joint pain for some patients. For example, exercise can strengthen the muscles around a joint, making it more stable. Weight loss can also reduce pain by relieving pressure.¹⁷

GI Complications Associated with NSAID Use

- Gastric ulcers may occur in up to 25% of chronic NSAID users.¹³
- More than 100,000 Americans are hospitalized each year at a cost of \$1.6 billion, due to serious gastrointestinal (GI) problems associated with NSAIDs.¹⁸
- There are approximately 17,000 deaths in the US each year as a result of NSAID-related GI complications.¹⁸ By comparison, approximately 14,000 deaths result from emphysema and approximately 12,500 deaths result from HIV disease in the US.¹⁹

###

¹¹ MedicineNet. Osteoarthritis. What is osteoarthritis? <http://www.medicinenet.com/osteoarthritis/article.htm#WhatIs>. Accessed August 30, 2010.

¹² Kotlarz, et al. Osteoarthritis and Absenteeism Costs: Evidence From US National Survey Data. JOEM. Volume 52, Number 3, March 2010.

¹³ American College of Gastroenterology. (ACG) Guidelines for Prevention of NSAID-Related Ulcer Complications.

¹⁴ Tamblyn, et al. Unnecessary Prescribing of NSAIDs and the Management of NSAID-Related Gastropathy in Medical Practice. Annals of Internal Medicine. <http://www.annals.org/cgi/content/full/127/6/429>. Accessed October 13, 2009.

¹⁵ Osteoarthritis: Treatments and Drugs. The Mayo Clinic. <http://www.mayoclinic.com/health/osteoarthritis/DS00019/DSECTION=treatments-and-drugs>. Accessed October 13, 2009.

¹⁶ American College of Gastroenterology (ACG). "Understanding Ulcers, NSAIDs and GI Bleeding." <http://www.acg.gi.org/patients/gibleeding/index.asp#compl>. Accessed April 2009.

¹⁷ Osteoarthritis Lifestyle and Home Remedies. <http://www.mayoclinic.com/health/osteoarthritis/DS00019/DSECTION=lifestyle-and-home-remedies>. Accessed October 13, 2009.

¹⁸ Spiegel. "Minimizing Complications From Nonsteroidal Anti-inflammatory Drugs: Cost-Effectiveness of Competing Strategies in Varying Risk Groups." Arthritis & Rheumatism. Vol. 53, No. 2, April 15, 2005, pp 185–197.

¹⁹ Centers for Disease Control and Prevention. National Vital Statistics Reports. http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_10.pdf