

OSTEOARTHRITIS DISEASE AND MODERN TREATMENT METHODS.

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Abstract: Osteoarthritis, or arthrosis, is a degenerative disease of the bones and joints, which is mainly associated with wear and tear of joint tissue. This disease often occurs in older people, but it can also occur in young people. The main symptoms of osteoarthritis are pain, joint stiffness, limited range of motion, and muscle weakness around the joint. This article provides detailed information about modern treatment methods for osteoarthritis.

Key words: Osteoarthrosis, joint, tissues, diagnosis, conservative treatment, computed tomography, osteoarthrosis, radiography.

A number of factors influence the occurrence of osteoarthritis. Among them are genetic predisposition, excess weight, excessive load on the joints, injuries, inflammatory processes and metabolic diseases. Also, in older people, the process of tissue regeneration slows down, which leads to the development of osteoarthritis. A number of diagnostic methods are used to determine osteoarthritis. These include clinical examination, radiography, computer tomography and magnetic resonance imaging. With the help of these methods, the condition of the joints, the deterioration of tissues and the presence of osteophytes are determined. It is also possible to identify signs of inflammation through laboratory studies.

Several modern methods are used in the treatment of osteoarthritis. Among them are conservative and surgical methods. Each method has its own advantages and disadvantages. Conservative treatment methods are used in the early stages of osteoarthritis.

Among these methods. Nonsteroidal anti-inflammatory drugs (NSAIDs) are used to reduce pain and inflammation. Analgesics and corticosteroids may also be used to manage pain. Physiotherapy methods, such as massage, electrotherapy, ultrasound therapy and gymnastics, are used to increase joint mobility and strengthen muscles. In the course of physiotherapy, individual programs are prepared for patients. Proper nutrition is important in the treatment of osteoarthritis. Increasing omega-3 fatty acids, vitamins and minerals in food, as well as getting rid of excess weight, reduces the load on the joints. Physical activity is necessary to increase joint mobility and strengthen muscles. However, when pain occurs, physical activity should be limited.

A psychological approach is also important in the treatment of osteoarthritis. It is necessary to provide psychological support for patients to reduce stress, depression and anxiety. Psychological support increases the motivation of patients during treatment and improves general health. Osteoarthritis, as a degenerative joint disease,

is a serious problem for many people. This disease is mainly caused by wear and tear of joint tissue. There are a number of important measures to prevent osteoarthritis, slow down its development and improve the quality of life. Maintaining a healthy lifestyle is very important in the prevention of osteoarthritis. A healthy lifestyle mainly includes proper nutrition, physical activity and stress management. Proper nutrition plays an important role in the prevention of osteoarthritis. Eating foods rich in vitamins, minerals, and antioxidants in your diet can help maintain joint and bone health. Omega-3 fatty acids, vitamin D, calcium and vitamin C are good for joints. Also, getting rid of excess weight reduces the load on the joints, which prevents the development of osteoarthritis. Regular physical activity is necessary to maintain joint mobility and strengthen muscles. Aerobic exercises, strengthening exercises and stretching exercises are good for the joints. However, it is important to consult a doctor before starting any physical activity, as each person's condition and needs may be different. Stress can have a negative impact on the development of osteoarthritis. It is recommended to use meditation, yoga, breathing exercises and other psychological methods to reduce stress. Managing stress improves not only physical but also mental health. Avoiding injuries is also important in the prevention of osteoarthritis. Overloading and injuries to the joints can lead to the development of the disease. Therefore, it is necessary to take into account the following recommendations. It is important to be careful when playing sports. Using proper techniques and techniques will reduce injuries. If you feel pain or discomfort during sports, you should immediately stop the activity and consult a doctor. Using the correct technique when lifting and carrying loads can prevent excessive stress on the joints. The legs should be used when lifting the load, not the waist. This reduces the pressure on the joints. Maintaining fluid balance and proper nutrition are important in maintaining joint health. Water is necessary for the body, it moisturizes the tissues of the joints and increases their elasticity. Older people are more prone to developing osteoarthritis. Therefore, it is necessary to take additional measures to maintain their health. Regular medical examinations are important. Through this, there are opportunities to identify and treat early signs of osteoarthritis. It is necessary to limit physical activity for older people. It is important to choose the most suitable exercises for them and consult a doctor. Excess weight causes excessive load on the joints. Therefore, it is important for older people to maintain a healthy weight and get rid of excess weight. To prevent osteoarthritis, it is necessary to maintain a healthy lifestyle, increase physical activity, avoid injuries and manage stress. Proper nutrition, regular physical activity and a psychological approach help to slow down the development of osteoarthritis. For older adults, regular checkups and maintaining a healthy weight are important. Everyone should be responsible for their own health in order to prevent osteoarthritis. Osteoarthritis can be avoided with a healthy lifestyle and caution.

Conclusion: Osteoarthritis is a common problem in modern medicine. His treatment methods are selected depending on the individual condition of each patient. Conservative and surgical methods can be used together. In the treatment of osteoarthritis, it is important to maintain a healthy lifestyle, increase physical activity and provide psychological support. Choosing the right treatment method for each patient helps to slow down the progression of the disease and improve the quality of life. For patients suffering from osteoarthritis, modern medicine has many options, which can be used correctly to reduce the negative effects of the disease.

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