

DETERMINANTS OF OSTEOARTHRITIS AMONG PATIENTS ATTENDING ORTHOPAEDICS OP MEDICAL COLLEGE THIRUVANANTHAPURAM

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Executive Summary

Osteoarthritis is a common degenerative joint disease leading to progressive destruction of articular cartilage. Its various determinants are: ageing, overweight, repeated trauma to joint in case of young adults, congenital joint deformities, and smoking, various degenerative diseases like diabetes, women on high level of estrogen therapy, lifestyle and stress on the joints etc.

Though it is second to cardiovascular disease in causing long term morbidity, its progression can be prevented by regular exercise and medication like mineral or calcium tablets. So, a study is proposed to be conducted among osteoarthritis patients to find out the relationship with its determinants.

A case-control study was thus conducted involving 50 patients and 100 controls in Medical College, Thiruvananthapuram to reveal the risk factors of osteoarthritis.

Based on the conclusions drawn from the study, we found that age, jobs involving moderate heavy work, occupations involving squatting position for long hours, low educational status, high body mass index, low consumption of green leafy vegetables and fruits, were the important risk factors for osteoarthritis.