Stickler Syndrome and Arthritis

Arthritis Foundation
Pacific Region, Nevada Office

Presented by:
Crystal Schulz, MPH
Community Development Manager

arthritisc.org
Arthritis Foundation

Improving lives through leadership in the prevention, control and cure of arthritis and related diseases
Please raise your hand if you have arthritis

• Please share:
  – Your Name
  – Type of Arthritis (if you have)
  – How long you’ve had arthritis
Arthritis Is....

- A disease that affects 50 million people in the United States
- Not just a disease of old age. 2/3 of people diagnosed with arthritis are under 65 years old, including 300,000 children.
- A complex family of musculoskeletal disorders, including more than 100 different diseases that can affect people of all ages, races and genders.
Today alone...

- 140,000 people with arthritis will visit their doctor
- 3,750 joints will be replaced
- Arthritis will be the largest category of disability claims filed
- Arthritis will cost this country $350M (an annual $128 billion cost!)
- 3 people will die from arthritis
Stickler Syndrome and Arthritis

• Signs and symptoms of Stickler Syndrome vary widely among individuals; conditions include joint problems, often arthritis.

• Most people with Stickler Syndrome have skeletal abnormalities that affect the joints.
  – Children and young adults loose and flexible
  – Less flexible with age
  – Arthritis often appears “early” causing joint pain and stiffness
Types of Arthritis

- Osteoarthritis
- Rheumatoid Arthritis
- Juvenile Arthritis
- Gout
- Psoriatic Arthritis
- Fibromyalgia
- Lupus
- Ankylosing Spondylitis
Osteoarthritis

- Most common form
- Breakdown of joint cartilage
- Age, weight, injury
- Affects 27 million Americans
- 1 of 2 people will develop OA of the knee by age 85
- Typically in Stickler Syndrome, onset is 30-40 years of age
Osteoporosis

- A disorder that causes weak bones
- Increased risk of fracture, spurts and breaks
- DEXA scans recommended at 65
Rheumatoid Arthritis

- Affects 1.3 million Americans
- 2.5 times as many women than men
- Onset is usually in 20’s or 30’s
- Joint damage occurs within the first 2 years
- RA increases the chance of death by 200% for those affected
- Autoimmune disease where the synovium (joint tissue) is attacked and becomes inflamed. Over time damages cartilage and bone
Rheumatoid Arthritis vs. Osteoarthritis

Figure 4

X-rays of two knees illustrating (left) rheumatoid arthritis and (right) degenerative osteoarthritis.
Fibromyalgia

- Long-lasting, widespread pain and tenderness
- Pain in the muscles, tendons and ligaments
- Sleep disturbance and fatigue are integral
- Affects about 2% of Americans
Gout

- Inflammatory arthritis that causes sudden, severe pain, swelling and tenderness
- Usually affects one joint at a time, but can become chronic and affect more
- Often follows trauma, injury or illness
Ankylosing Spondylitis

- Chronic inflammatory disease primarily affecting the joint where the spine meets the pelvis, the spine and hip joints
- Inflammation of the muscles and ligaments accounts for most pain
Stickler Syndrome Spine Involvement

• Stickler Syndrome sometimes cause changes similar to Osteoarthritis in the spine and neck: Cervical and Lumbar Spondylitis

• Problems with the bones of the spine also occur, causing back pain
  – Abnormal Curvature of the Spine: Scoliosis or Kyphosis
  – Flattened Vertebrae: Playspondyly
Prevention and Management

• Not just one way....
• Educate yourself about your diagnosis, especially the TYPE of arthritis that affects you!
• Be physically active
  – Understand exercise
  – Walking
  – Stay motivated
• Protect your joints
Physical Activity

• Pain might be a barrier, be gentle in your movement
• Take “baby steps”
• Arthritis Foundation Exercise Program focuses on Range of Motion stretches, with varying intensity for participants (free classes in the valley)
• Two Hour Pain Rule!
Walking!

• Is free (mostly)
• Use good shoes
• Stay close to home or walk inside
• Use a pedometer or smart phone to measure distance and time
• Stretch your entire body before and after
• Pay attention to warm-up and cool-down
• Do it daily!
Stay Motivated

• Keep a log of your physical activity
• Track your progress
• Share with a partner or a group
• Join a Walk With Ease or Arthritis Foundation Exercise Program
• Reward yourself
Lifestyle

• Weight loss of 11 pounds reduces a woman’s risk of developing knee OA by 50%
• 66% of adults with arthritis are overweight or obese
• A lost 44% of adults with arthritis report no physical activity
Diet and Nutrition

• Eat a balanced diet
• Include fruits and vegetables at every meal
• Do what works for you
• Make sure to get calcium and Vitamin D for bone health
• Anti-inflammatory, Mediterranean, LIFE CHANGES
Stress and Pain

• Stress is our response to any stressor!
• With any chronic disease, especially pain involvement, you are already internally stressed.
Stress Triggers

- Trauma
- Hormones
- Socioeconomic status
- Increased abdominal fat/obesity
- Diabetes
- Sleep Disturbances
Relieve Stress DAILY

- Release self defeating thoughts
- Breathe and focus
- Vent
- Exercise
- Medication
Local Resources for Arthritis

- Walk With Ease Program
- Arthritis Foundation Exercise Program
- Arthritis Foundation Aquatics Program
- Seminars about Arthritis
- Literature
Advocate for Arthritis

• Access to Care
• Research
• Prevention
• Awareness
• Sign up today to be an e-advocate
Questions?

THANKS!
Local Office Contact

Crystal Schulz, MPH
Community Development Manager
Arthritis Foundation, Nevada Office
Email: cschulz@arthritis.org
Web: Arthritis.org/Nevada
Facebook: Arthritis Foundation Nevada Office
Office: 702-367-1626