

Stickler Syndrome and Arthritis

Arthritis Foundation
Pacific Region, Nevada Office

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arthritis.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



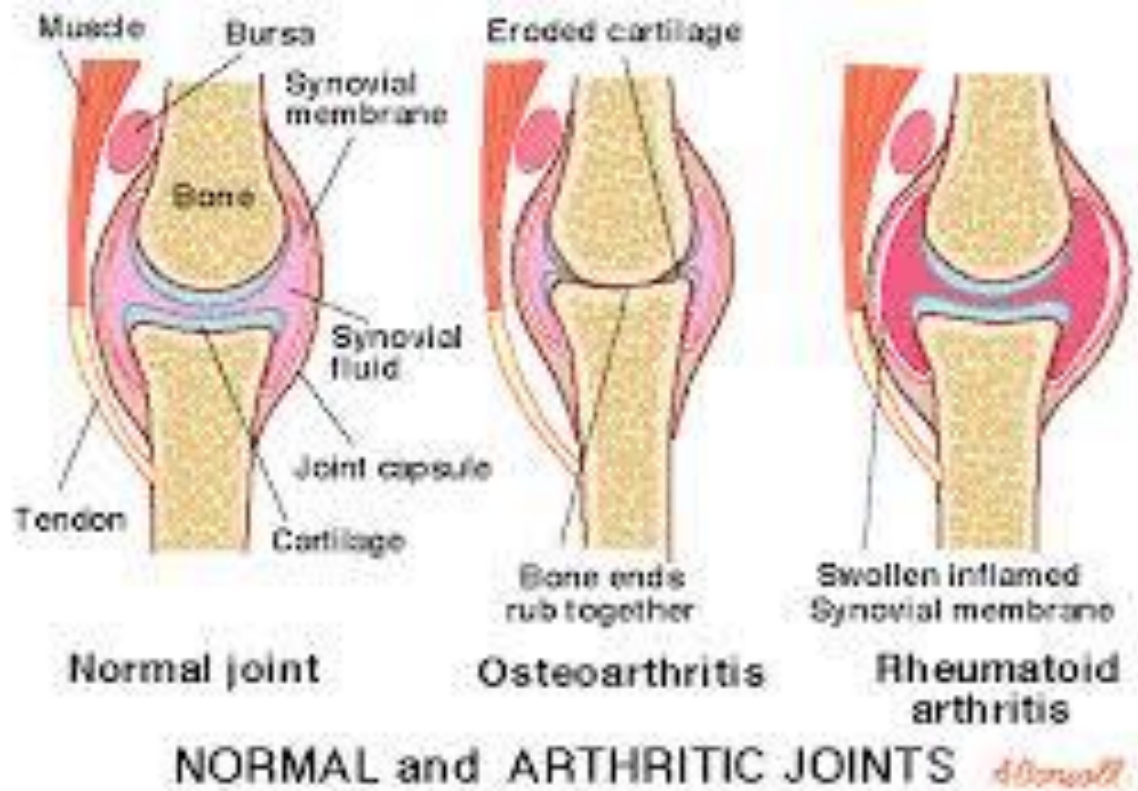
Osteoporosis



- 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

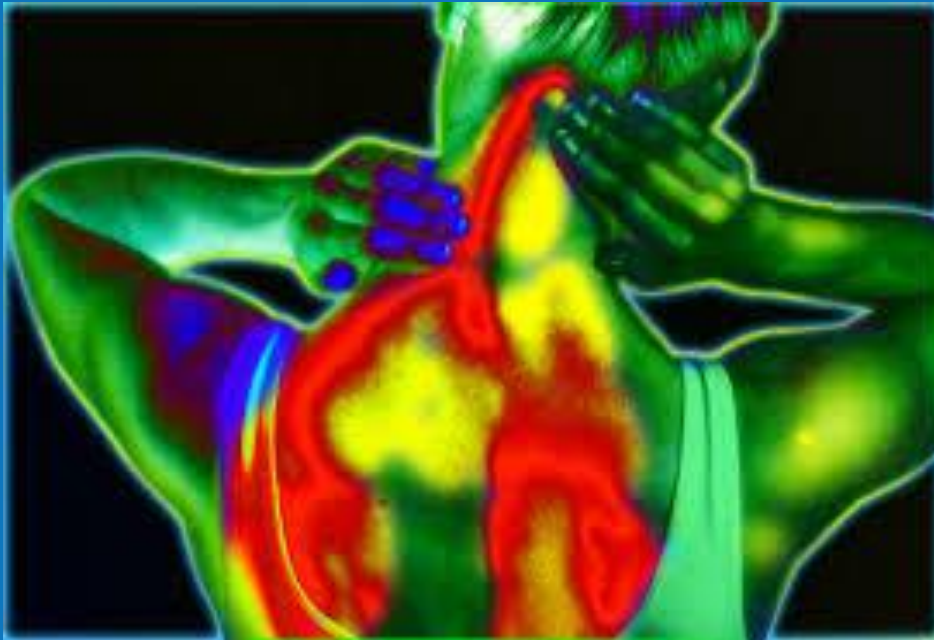


Rheumatoid Arthritis vs. Osteoarthritis



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

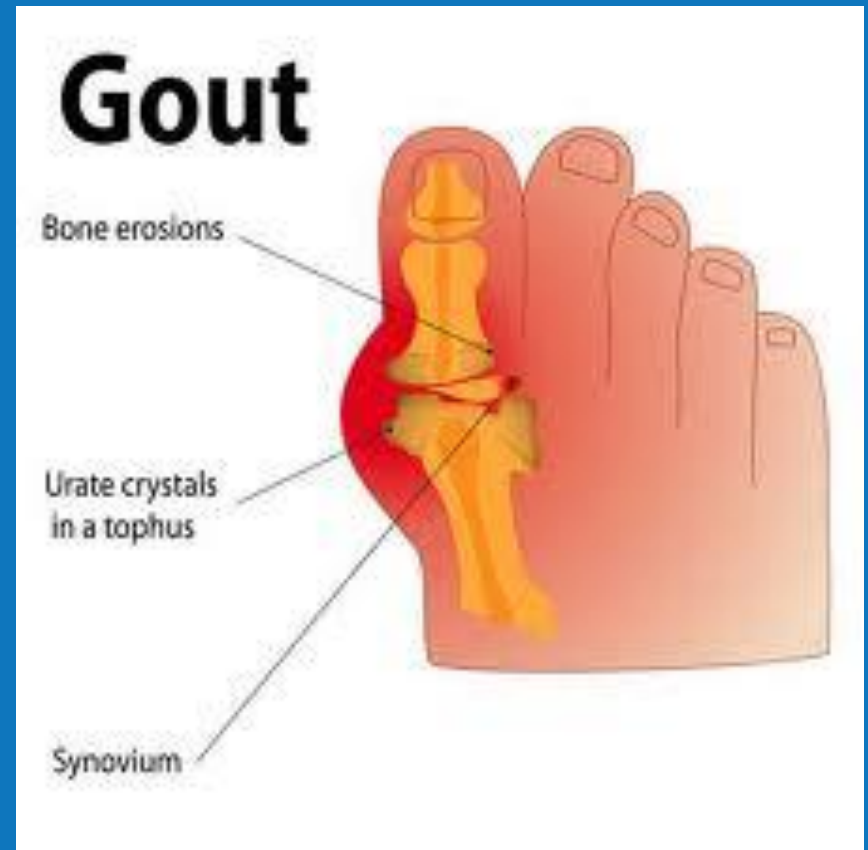
Fibromyalgia



- 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: Platyostony

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
- Almost 44% of adults with arthritis report no physical activity



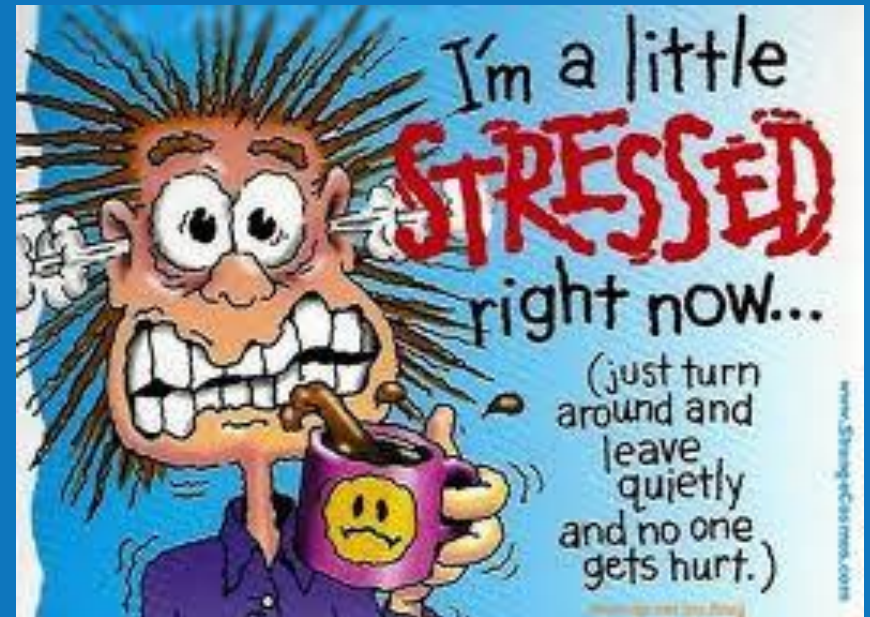
Diet and Nutrition

- 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-inflammation, Mediterranean, LIFE CHANGES



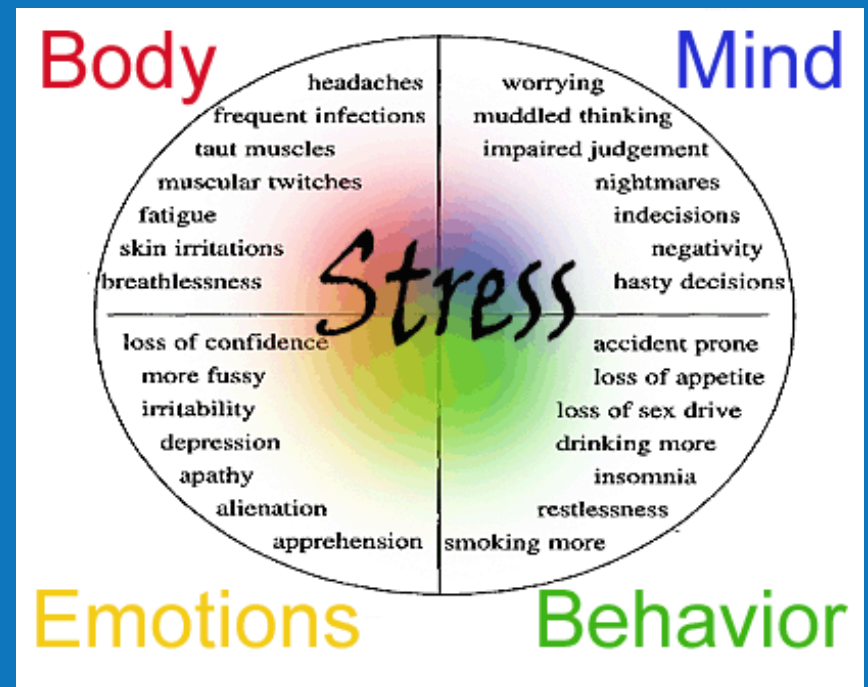
Stress and Pain

- 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!

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