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An Observational Study of Risk Factors, Treatment Pattern of Knee Osteoarthritis

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ABSTRACT

Osteoarthritis is the second most common rheumatological disease in India and it occurs with a prevalence of 22% to 39% in India. This prospective observational study was conducted in a tertiary care hospital to assess and evaluate common risk factors and treatment patterns of knee osteoarthritis by using a self-designed data collection form for the duration of 6 months. Females were progressively more prone to the occurrence of knee osteoarthritis than males. Obesity, physical inactivity, low or nil sunlight exposure, sedentary way of life, low utilization of dairy items, high consumption of fried/processed food were the lifestyle risk factors which were present in maximum number of patients in the study. Hypertension, type 2 diabetes mellitus were common co-morbidities of the study participants. Management of knee osteoarthritis was done primarily using non-steroidal anti-inflammatory agents, calcium, and vitamin D supplements. The results of our study can be used for further obtaining deeper knowledge about the prevention and management of knee osteoarthritis.

Key words- knee osteoarthritis, risk factors, treatment pattern, non-steroidal inflammatory drugs, obesity

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