

## New study: Patients with osteoarthritis die younger

In Sweden, a study was recently published in which data from almost 470,000 people were analysed. The results showed an increased mortality rate in patients with osteoarthritis compared to the rest of the population. The difference was particularly striking in patients suffering from knee osteoarthritis. The researchers suspect the pain caused by osteoarthritis as a possible cause, which leads to a lack of exercise.

### Analysis of health-related data of almost 30,000 patients with osteoarthritis

It has been discussed controversially in recent years whether joint arthrosis does not only cause pain and limitations, but also increases mortality. A group of researchers from the Swedish University in Lund has conducted a large-scale study on this question. The health-related data of residents aged between 45 and 84 in the Skåne region were analysed over a period of ten years. Of the 469,152 residents in this age group, 29,189 were diagnosed with osteoarthritis. The researchers compared the mortality rate per 1,000 persons of people without osteoarthritis with those suffering from knee, hip, hand or other osteoarthritis.

### Increased risk of cardiovascular disease

No increased mortality could be observed for most causes of death. However, the risk of dying from a cardiovascular disease was increased by 13% in patients with hip joint arthrosis, and by almost 20% in patients with knee arthrosis.

### Lack of exercise and inflammation may be possible causes

Further research about the reasons for this significantly higher mortality rate is needed. Martin Englund from the University of Lund in Sweden, the author of the study, suspects that one possible cause is that the vascular system is afflicted by chronic inflammatory processes. Another possible explanation might be that people affected exercise significantly less than healthy people. Englund: "This creates a risk of weight gain, which, as we know, can lead to secondary diseases such as cardiovascular diseases."

### Less pain and increased mobility by suitable osteoarthritis therapy

Since physical activity in arthrosis patients is typically accompanied by sometimes severe pain, many patients avoid movement as much as possible. Especially in the case of knee and hip arthrosis, which showed the highest mortality rate in the study, the walking distance is often severely restricted and sport is usually impossible. By enabling more activity, therapy options for osteoarthritis such as the MBST magnetic resonance therapy, which reduce the pain and may lead to increased physical activity, might even have another benefit for the patients besides an improved quality of life.

### References

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### Press contact and order of photo material:

MedTec Medizintechnik GmbH  
Sportparkstraße 9  
D-35578 Wetzlar

Guido Finkes · CMO  
Sales & Marketing Director

Caroline Ebinger  
PR & Marketing Consultant

Phone: 06441 · 679 18 - 29  
Fax: 06441 · 679 18 - 19  
eMail: [marketing@mbst.de](mailto:marketing@mbst.de)  
[www.mbst.de](http://www.mbst.de)

