

Editorial

## How to Combat Arthritis in Winter

Dr. Smita Shevade\*

**\*Corresponding Author: Dr. Smita Shevade**, Editor In Chief, Journal of MAR Microbiology.

Consultant Microbiologist, Dr. Jariwala Laboratory, Mumbai, India.

**Received Date:** November 23, 2020

**Publication Date:** December 01, 2020

Arthritis means inflammation of a joint. During the winter season, joint pains and stiffened muscles are the most common health problem plaguing the lives of older people. Typically, the majority of senior citizens knock on the door of the orthopaedic outpatient department in the winter season. With winter in full swing, cold weather pain and arthritis can be uncomfortable and affect the quality of life. According to Arthritis Foundation, the cold does not cause arthritis, but it can increase joint pain.

### **Why arthritis flares up in winter:**

- The pain receptors become more sensitive during the winters.
- The drop in atmospheric pressure causes painful joints. When the pressure decreases, tissues swell, building tension between joints, causing pain.
- There are more muscle spasms in colder temperatures, which worsen the pain and stiffness of the joints.
- The cold reduces the blood circulation to the fingers and toes, which amplifies arthritis pain.
- Less sunlight during winters means lower vitamin D levels and leads to weakened bones and joints.

**How to get arthritis pain relief in winter:**

- **Dress Warmly** – Wear warm winter clothes or layer up the clothes. Always ensure that you cover hands, knees, legs, and all arthritis prone areas.
- **Hydrate** – Staying hydrated helps to keep you more active. Even mild dehydration makes you more sensitive to pain.
- **Lose Weight** – People with joint pain should stay active.
- **Exercise Inside** – The less sedentary you are, the better is your physical function.
- **Warm Water Comfort** – One can get pain relief from warm baths.
- **Supplement Vitamin D** – Being deficient in vitamin D increases the risk of osteoporosis, therefore either start vitamin D supplements or vitamin D fortified food.
- **Stay Safe** – People with arthritis need to protect their joints from further damage. They should wear solid, supportive footwear when going outside.
- **Add Fish Oil** – Omega-3 fatty acids to reduce the level of inflammation. The Arthritis Foundation recommends up to 2.6 grams of fish oil capsules twice a day.
- **Consider Acetaminophen or NSAIDs** – The pain relievers can be used for osteoarthritis.
- **Get a Massage** – According to research, getting an hour-long massage once a week for at least eight weeks has shown to reduce pain.

**Volume 1 Issue 4 December 2020**

**©All rights reserved by Dr. Smita Shevade.**