



# Arthritis Talks: Healthy Aging with Arthritis

Juanit Fazari, Physiotherapist

February 6, 2024

# Presenters



**Sian Bevan**

Chief Science Officer  
Arthritis Society Canada  
*(Moderator)*



**Juanit Fazari**

Physiotherapist  
Ontario

# Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The screenshot shows the Arthritis Society Canada webinar interface. At the top center is the Arthritis Society Canada logo. Below the logo are two buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Settings' button. At the bottom right is a red 'Leave' button. A yellow callout box points to the 'Audio Settings' button with the text 'Click here to access your audio settings'. Another yellow callout box points to the 'Q&A' button with the text 'Click here to chat or to submit a question'. A third yellow callout box points to a red icon in the top right corner of the interface with the text 'Click on the red icon to exit out of the Q&A or Chat'. On the right side, a 'Q&A' window is open, displaying a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

# Overview

[1]

**What is healthy aging?**



[2]

**Strategies for healthy aging**



[3]

**Questions**



# With thanks to our partners

Diamond Sponsor:



Gold Sponsor:



Silver Sponsor:



Bronze Sponsors:



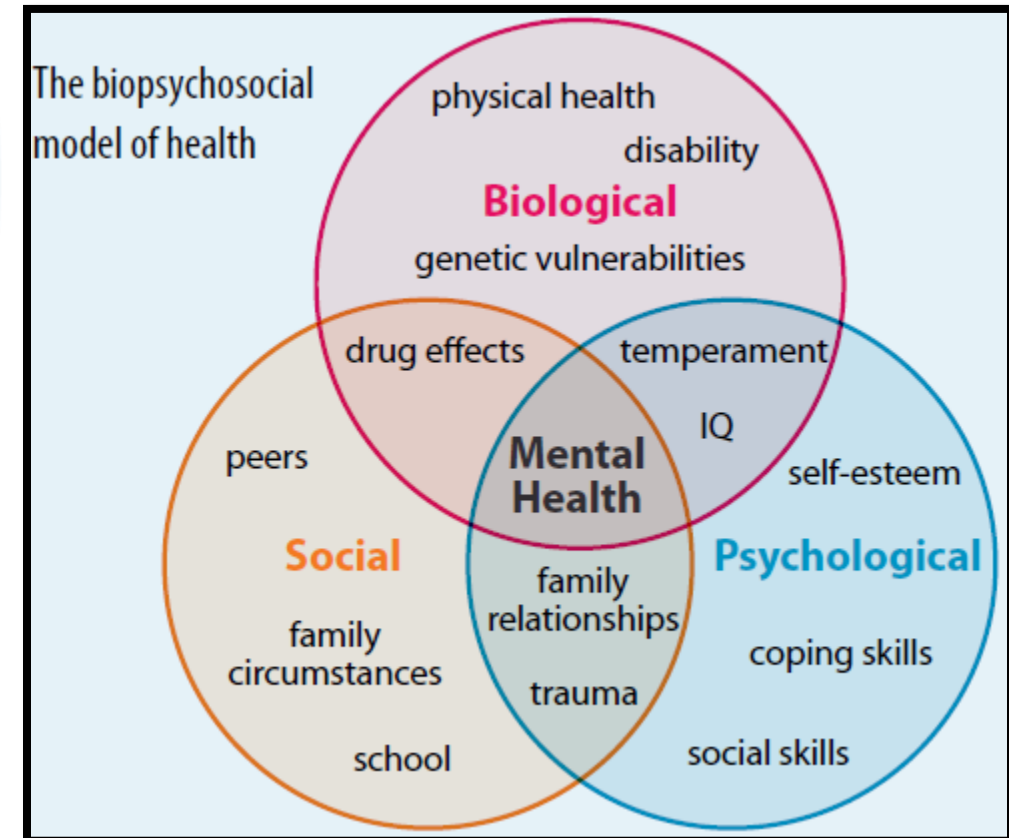
Q

# What is healthy aging?

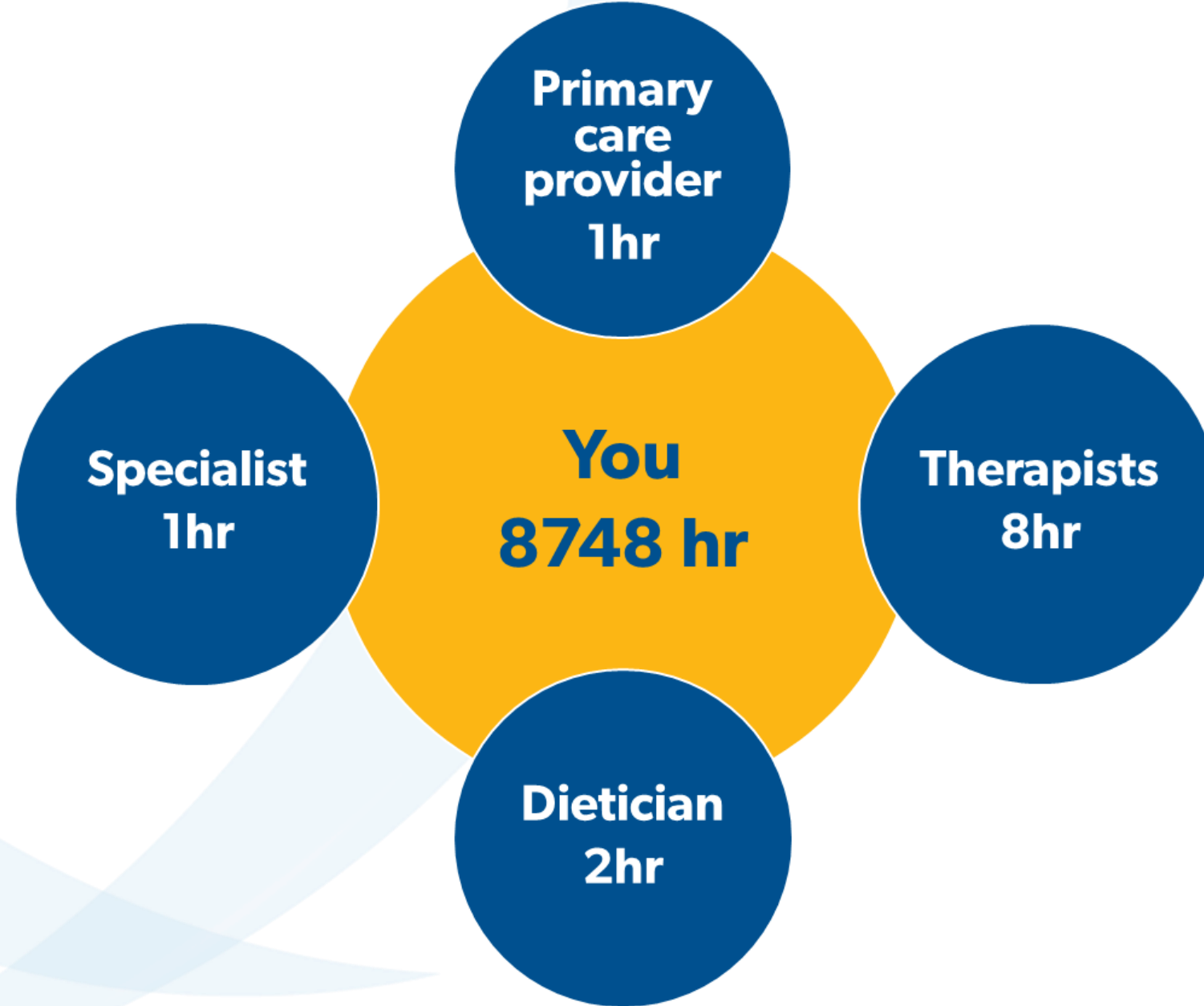


# Concepts of Healthy Aging

- ▼ **Functional Independence (FI):**  
‘functioning physically safe and independent from other persons, within one’s context’
- ▼ **Quality of life (QOL):**  
multidimensional concept that measures a person’s wellbeing.



# Self-Management 365 days/year





Q

# What lifestyle adjustments can be made to slow down the aging process?



# Risk Factors for OA

<b>Cannot change</b>	<b>Can Change</b>
<b>Aging</b>	<b>Excess weight</b>
<b>Sex</b>	<b>Muscle weakness</b>
<b>Heredity/genetics</b>	<b>Inactivity</b>
<b>Congenital</b>	<b>Occupation</b>
<b>Joint trauma and injury</b>	

# Risk Factors for OA

**Have plenty  
of vegetables  
and fruits**



**Make water your  
drink of choice**

**Eat protein  
foods**

**Choose whole  
grain foods**

# Vitamins and Minerals



# Physical Activity

## Daily Activities



## Therapeutic Exercises



Q

# What can people living with arthritis do to maintain their independence as they age?



# Symptoms of OA

**Physical**

**Functional**

**Social &  
Emotional  
Wellbeing**

# The Pain Cycle





# Activity Modification



**Use Braces**



**Use Devices**



**Change Method**



**Pace Yourself**



**Prioritize Tasks**

# Social and Emotional Wellbeing

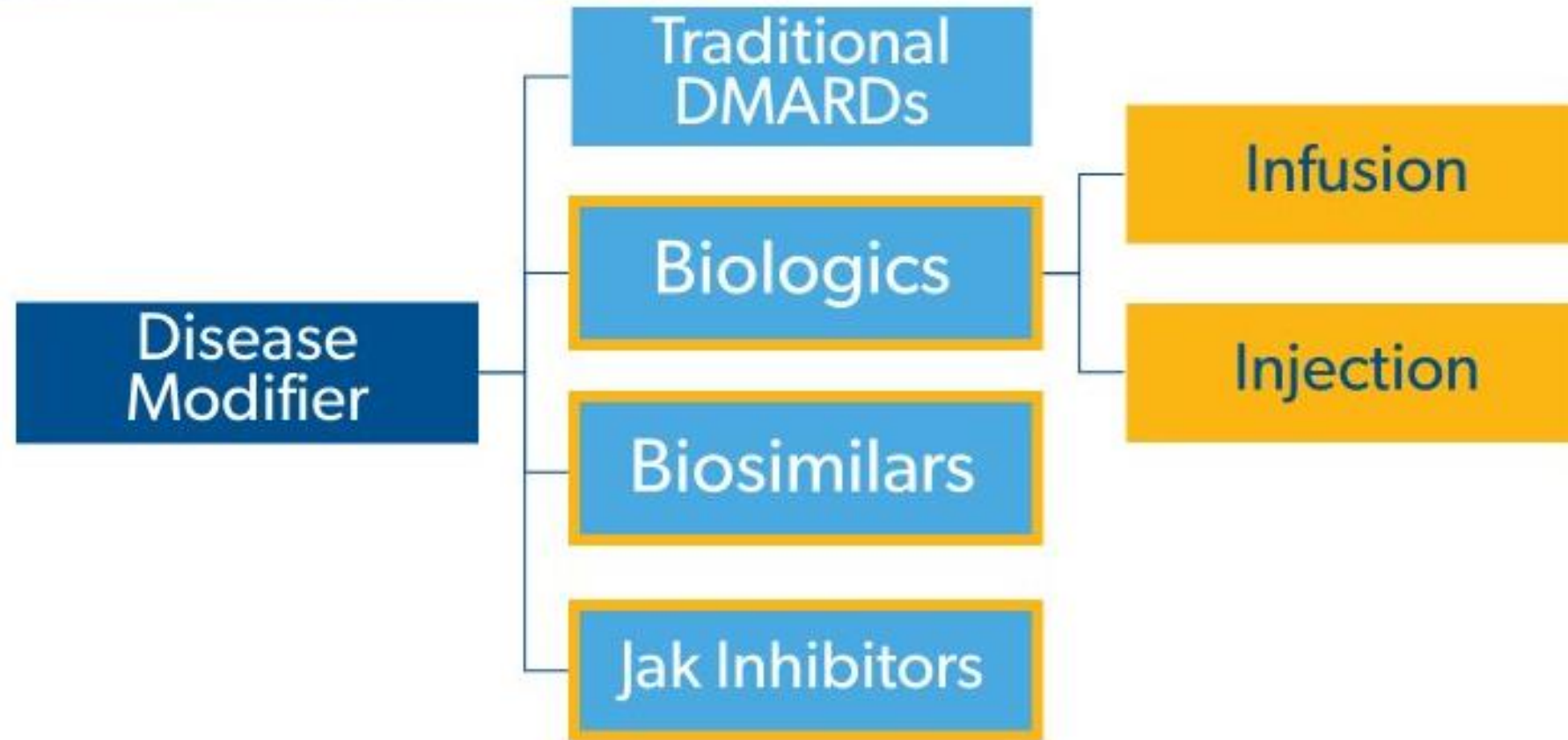
- ▼ **Social isolation:** measurable lack in the number of relationships a person has
- ▼ **Loneliness:** more subjective and can be understood as the feeling we get when our social relationships are lacking in terms of quality or quantity compared with what we expect them to be.
- ▼ The increased risk of death from social isolation and loneliness is similar to smoking 15 cigarettes a day or having an alcohol use disorder
- ▼ Stay connected!

Q

**Are there different considerations related to aging for people with osteoarthritis compared to those with inflammatory arthritis?**



# Medication Review



# Zones of inflammation



# 4 Categories of Exercise



Q

Are there easy ways to maintain your strength as you get older?



# Benefits of strengthening

- ▼ Pain reduction
- ▼ Reduction of joint stress
- ▼ Improves trust of legs and ability to do daily tasks
- ▼ Prevention of OA (other joints)



# Exercise Guidelines



**Listen to your body**



**Don't force**



**Comfort**



**Go slow**

# Pain is okay: 2 Exercise Rules



Adapted from A Comprehensive Treatment Approach for Patellofemoral Pain Syndrome in Young Women, Roland Thomee, Physical Therapy, Volume 77, Number 12, December 1997

30

# Resistance Training



# Neuromuscular Strengthening

Control

Concentration

Quality



# Set Goals for Success!



Set Goals, Action Plan



Trackers, Apps, Logs



Follow-Up



Reward Yourself

Q

# What can you do to prevent falls and maintain your balance ?



# Balance training

- ▼ Balance Exercises
- ▼ Tai Chi
- ▼ Yoga

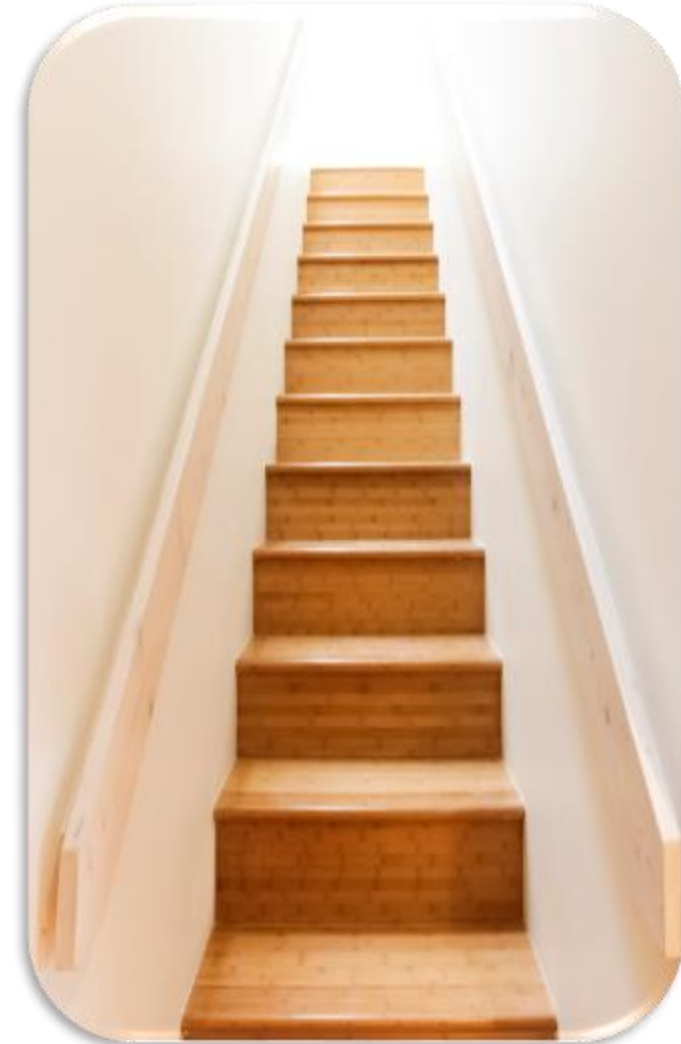
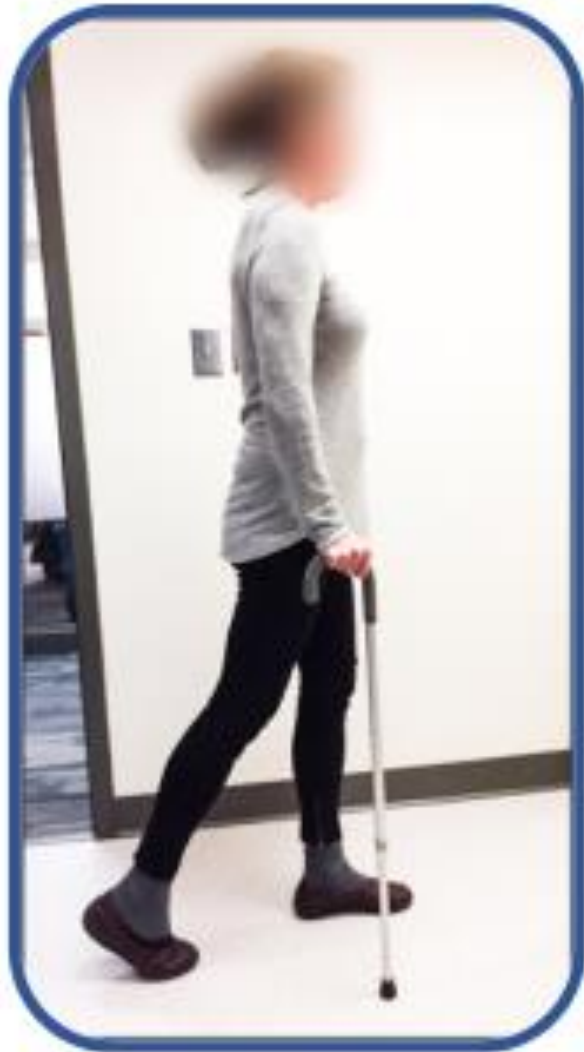


# Supportive Footwear





# Home Safety and Mobility



Q

# How can your healthcare team support you as you age?



# Management strategies



Medication Review

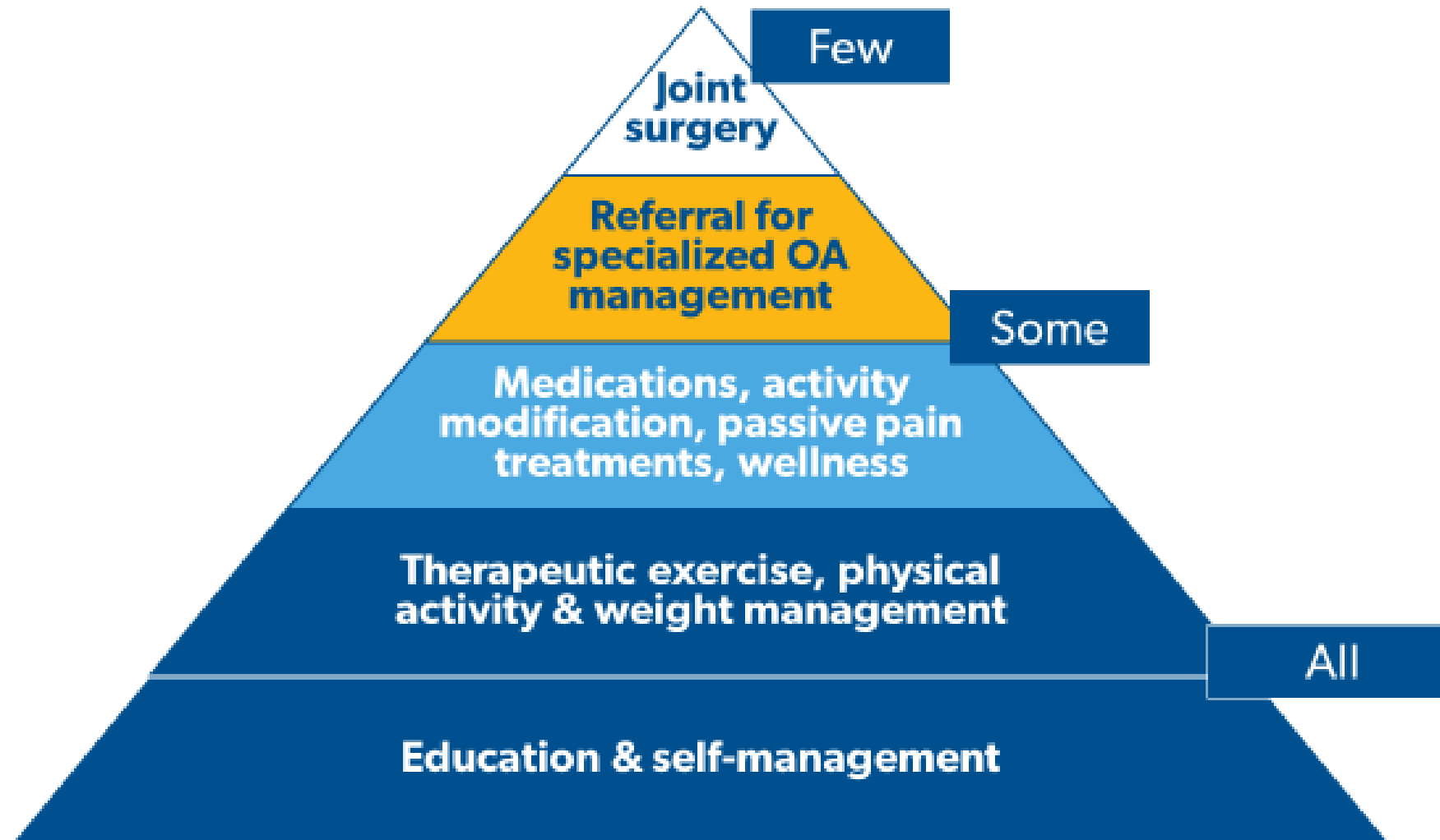


Alternative Disciplines



Wellness Strategies

# Communication is key



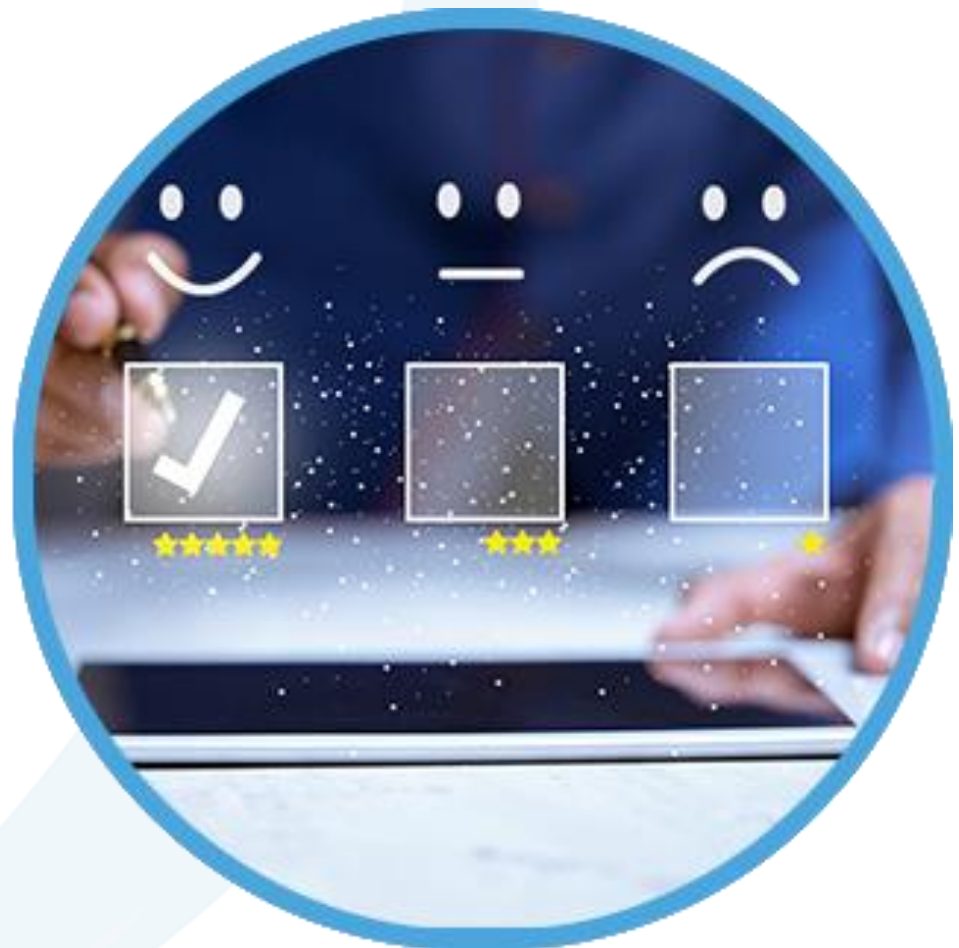
**Any final thoughts or recommendations?**



# Questions



Tell us what you think...



# Upcoming Events

February



*Arthritis Talks: Osteoarthritis*  
featuring rheumatologist, Dr. Lauren King

6 p.m. ET

## Learn about:

- Difference between osteoarthritis and inflammatory arthritis
- Early symptoms and risk factors for osteoarthritis
- Strategies to prevent osteoarthritis from progressing
- Steps to take after an osteoarthritis diagnosis
- Advancements in osteoarthritis treatment and care

## Register at:

Visit [arthritis.ca/ArthritisTalks](https://arthritis.ca/ArthritisTalks) or click the link in your email inbox



