

# Keeping Our Community Active: Avoiding Joint Pain & Orthopedic Issues



**Tuesday, June 16, 2021  
6:00 to 6:45 PM | Live Video Conference**

**Speaker: Zahab Ahsan, MD**

**Registration Required - Live Video Conference Only**

In 2015, the CDC published a report that attributed a variety of negative health related characteristics to the prevalence of severe joint pain. The percentage of poor health related issues varied substantially by state. The percentage of arthritis among adults attributing to severe joint pain was 29.7%. States in the highest quartile of prevalence for adults with arthritis also had the highest percentages of all 7 of the negative health-related characteristics. These included arthritis-attributable activity limitations, severe joint pain, social participation restriction;  $\geq 14$  physically unhealthy days during the past 30 days;  $\geq 14$  mentally unhealthy days during the past 30 days; obesity; and leisure-time physical inactivity. Joint pain can be caused by a variety of issues, in some advanced cases, joint replacement surgery may be necessary. However, there are ways to manage injuries and degenerative problems in orthopedic patients without surgery. Regular movement can help to nourish and strengthen joints and reduce stiffness. Exercise, eating well and maintaining a healthy weight also decreases the demand placed on joints. According to 2018 data from the Centers for Disease Control (CDC), only about 23% of all U.S. adults get the recommended amount of exercise to maintain weight and an active lifestyle. This live activity is designed for providers to acquire the skills to motivate patients at risk of orthopedic disorders to live an active lifestyle, understand the risk factors associated with joint disorders, how to screen for those orthopedic issues, non-surgical management, and when to refer patients to an orthopedic surgeon when non-surgical management is no longer an option.

## **At the conclusion of this activity, participants should be able to:**

- Identify risk factors for joint problems and when to screen patients for orthopedic degenerative issues.
- Recommend ways providers can guide patients toward healthy and active lifestyles.
- Manage injuries and degenerative problems in orthopedic patients and refer patients to orthopedic surgery when necessary.

**Register Now**



Edward-Elmhurst Health designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.