



Dr. Benoît Benoît
Orthopedic surgeon

Living with osteoarthritis



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Who we are?



Bérangère Duhén
Nurse Coordinator
and
Executive Director



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Karine and Danny
Administrative
Assistants

Why talk about osteoarthritis?

- Osteoarthritis affects more than one in 7 Canadians.
- It is the leading cause of chronic pain after age 50.

The good news is that there are many solutions to keep moving
and live life to the fullest



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What is osteoarthritis?



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Osteoarthritis

- Progressive wear and tear of the cartilage that covers the ends of the bones.
- Cartilage acts as a shock absorber.
- When it thins, the bones rub → pain and stiffness.
- Affected areas: knees, hips, hands, shoulders, spine.



Risk factors

Age

heredity

Overweight trauma

Repetitive work



What are the clinical signs?

- Pain on exertion, relieved at rest.
- Morning stiffness (< 30 min).
- Swelling or cracking.
- Loss of mobility, difficulty walking.
- Squeaky sensation.



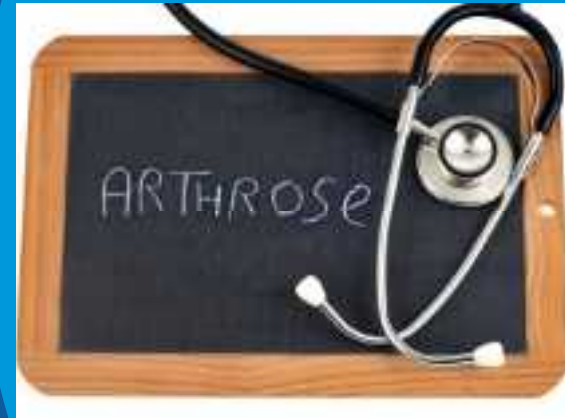
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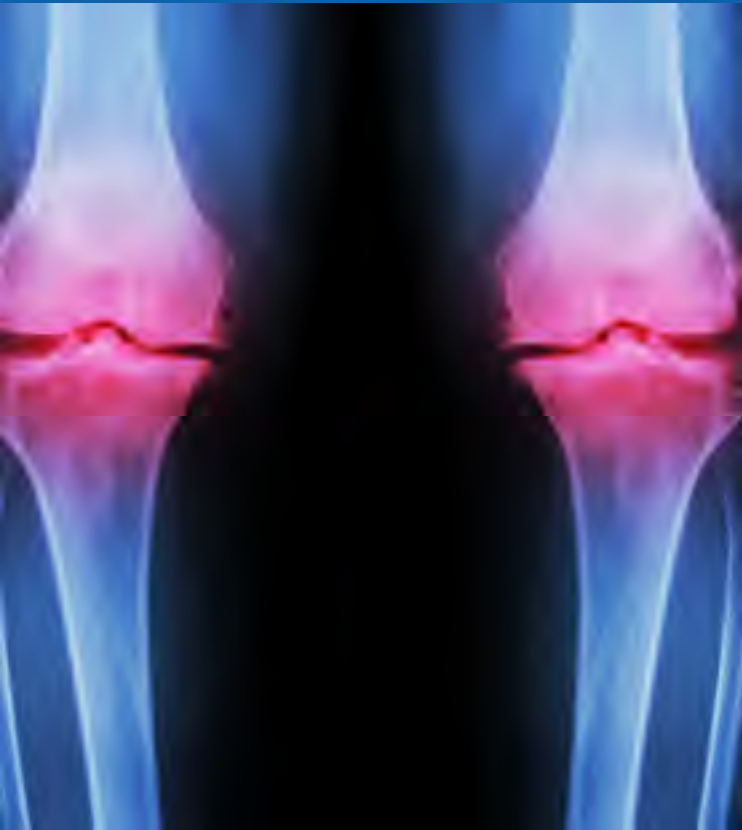
How to relieve pain?

- Cooling
- Painkillers
- Physiotherapy
- Injections
- Surgery
- To be avoided: prolonged rest, total cessation of activity



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What you can do?

- Consult your doctor
- If the problem is serious, see an orthopedist
- **Its role:**
 - Assess severity.
 - Explain the options.
 - Supporting the patient in his or her decision





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Hip or knee replacement



Knee prosthesis



Hip prosthesis



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Hip or knee replacement

Principle: replace the damaged joint with a prosthesis.

Knee prosthesis:

- Relieves pain, corrects the axis, improves walking.
- Lifespan: 20–30 years.

Hip prosthesis:

- Reduces pain, restores mobility.
- Lifespan: 20–30 years
- Return to activities: 6 to 12 weeks.



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Recovery

- Preparation: exercises, weight loss, adaptation of the home.
- Short hospitalization: 1 to 2 days.
- Rehabilitation: physiotherapy, assisted walking.
- Results: 90% of patients return to a pain-free active life.



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Prevention and quality of life

Good reflexes:

- Move every day (walking, cycling, gentle swimming).
- Eat a balanced diet (less sugar, more omega-3).
- Maintain a healthy weight.
- Get enough sleep, manage stress.

"Osteoarthritis is not inevitable. With the right gestures and good follow-up, you can live a long and good life."



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Conclusion

- Understanding your osteoarthritis is already better managing it.
- Many solutions exist before surgery.
- And when it's needed, the results are excellent.

"Find your freedom"

You are suffering from hip or knee osteoarthritis
Make an appointment with us

- Personalized care
- Quick turnaround
- Fast recovery

Contact us

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Contact us



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