

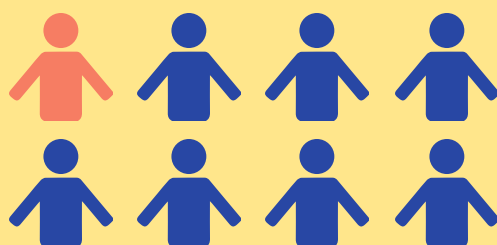
FAT AND KNEE OSTEOARTHRITIS

A research infographic from the
Institute of Bone and Joint Research

WHAT IS OSTEOARTHRITIS?

Osteoarthritis (OA) is a whole joint disease that causes sufferers to experience pain, loss of function & disability. OA commonly affects the hands, knees and hips

AFFECTS



1 IN 8



The knee is the most common joint affected



Obesity increases the risk and severity of OA



Inflammation is a key part of the definition of OA

WHY IS FAT RELEVANT TO OA?

- Mechanically, obesity increases the pressure on joints that carry the load of the body causing joint damage

BUT...

- Fat also releases many molecules that can increase inflammation which affects the joints.

WHOLE BODY

- Increasing amounts of fat in the body contribute to low but persistent levels of inflammation in the body.
- This contributes to increased inflammation in OA affected joints



AT THE KNEE

- There is a piece of fat under the kneecap called the 'fat pad'.
- The fat pad behaves differently from other fats
- It aggravates inflammation in joints since it is so close to the other tissues in the knee

BUT WE STILL DON'T KNOW...



Exact mechanisms of action

If the mechanisms can be targeted to improve the disease

If we find out we can build

STRONGER KNEES FOR A STRONGER FUTURE !

