



Thriving with Arthritis

Name: Kari McCloskey MBA, RD, CPT

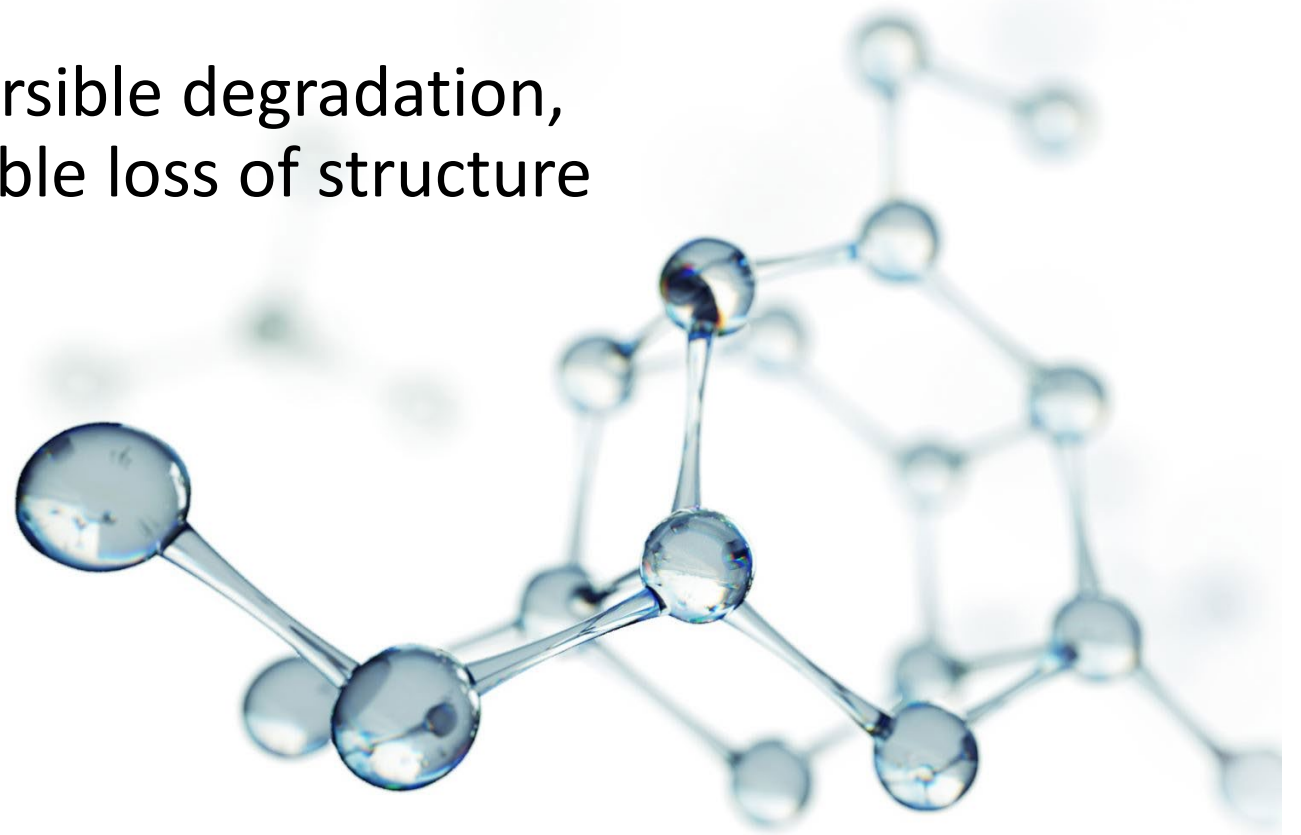
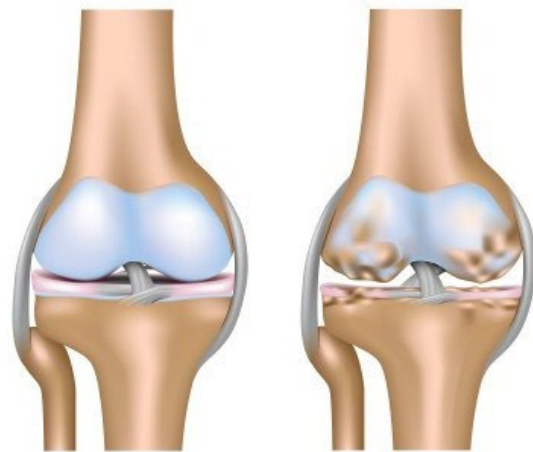


Today we learn about...

- ✓ How food works for us...
- ✓ How moving more helps...
- ✓ Mind Body/ Flexibility...



A progressive, often irreversible degradation, that results in an unfavorable loss of structure and function to a joint



Osteoarthritis Cure?

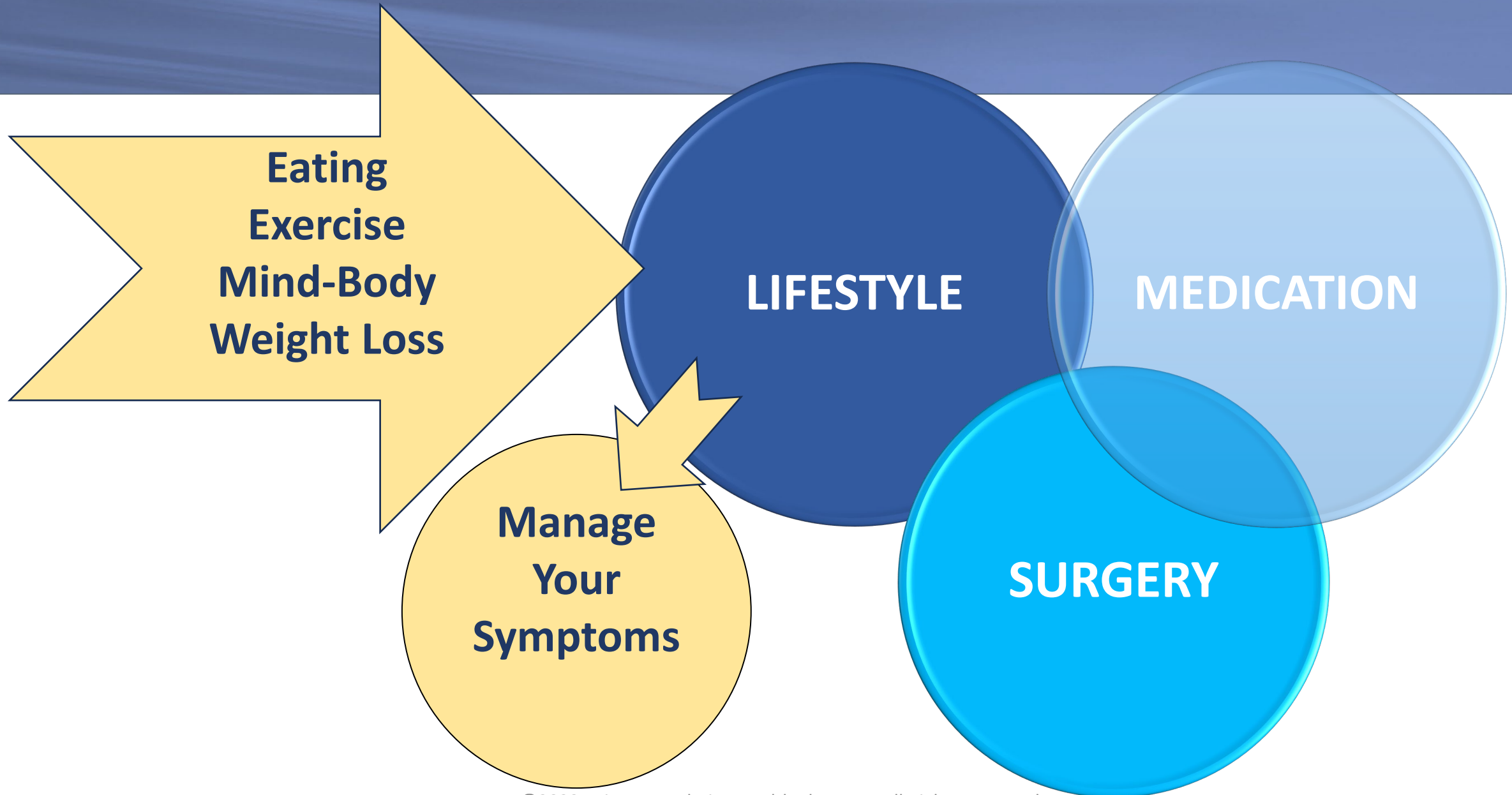
There is no cure for osteoarthritis, but treatment can help reduce your symptoms and make it possible for you to stay active.

Goals of treatment:

- decrease pain and stiffness
- keep your joints working and moving as well as possible
- keep you from being disabled
- prevent more damage to your joints



Lifestyle Treatments for Osteoarthritis



How Does Food Work to Manage Osteoarthritis?



RECOMMEND

Mediterranean
and/or
Plant-Based Eating

Anti-inflammatory Diet VS Pro-inflammatory Diet

Anti-inflammatory

Mostly plant-based, unprocessed foods with no added sugar

- fruits
- vegetables
- whole grains
- fish
- poultry
- nuts
- seeds
- beans, lentils
- olives/olive oil
- low-fat dairy (occasionally)



Pro-inflammatory

Pre-packaged foods

- processed meat
- refined grains
- red meat
- high-sugar drinks
- candy
- sweets
- fried foods
- high-fat dairy products
- high-fructose products
- conventionally raised animal products



Plant-Based Foods

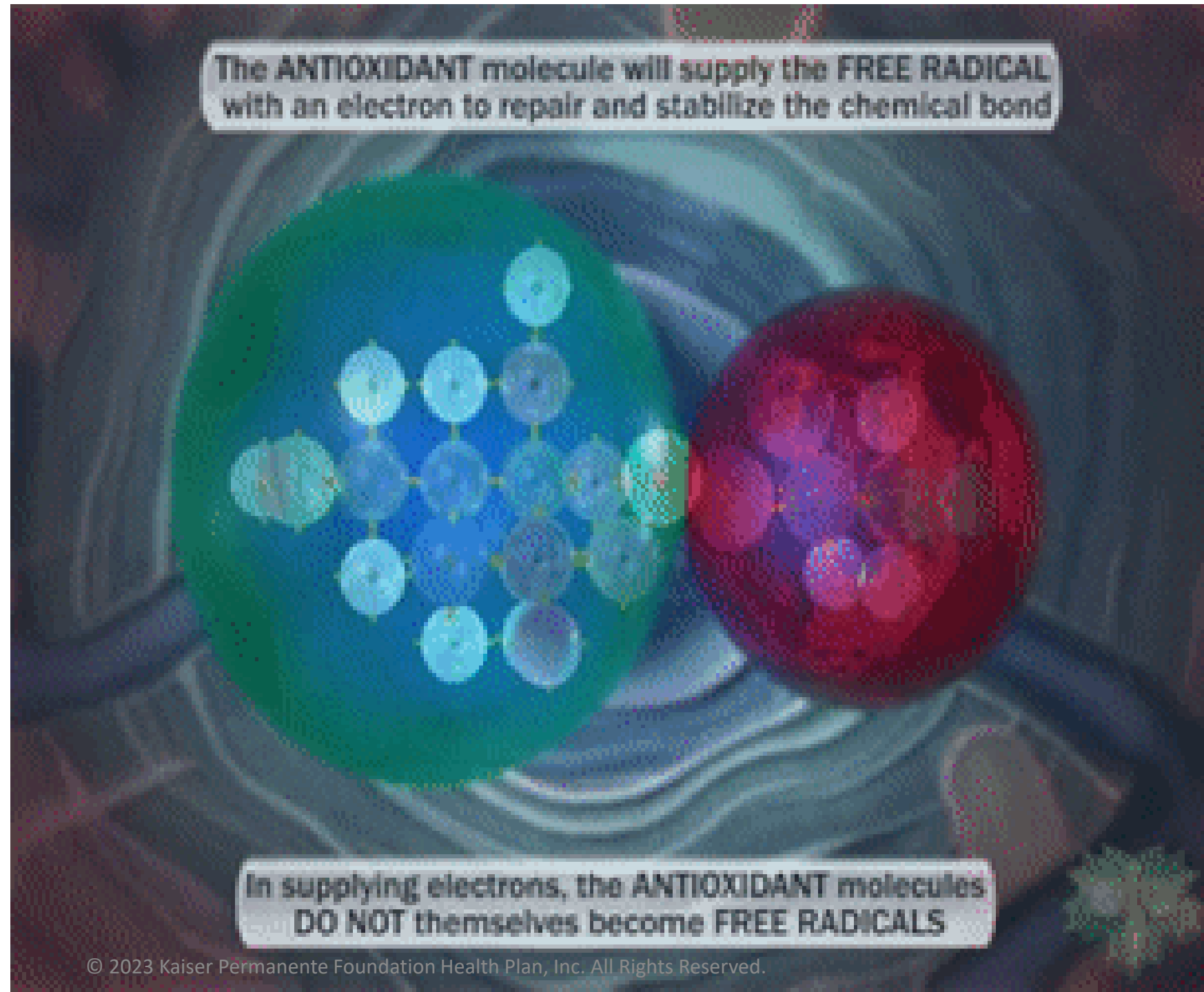


- Antioxidants, Phytochemicals & Micronutrients
- Prebiotics (Fiber), Probiotics (Fermentation)
- Fuel (Complete protein, Healthy fats, Complex Carbohydrates)

Antioxidants

- Reduces inflammation
- Prevent oxidation which leads to diseases
- Aid in brain function
- Can contribute to mental health improvements

The Mediterranean Style of eating is one version of an ANTIOXIDANT rich style of eating.



Antioxidants for Osteoarthritis



Herb/Food

Amount

Action

Ginger

.25 - .5 tsp. a day

decrease in pain (60%–70%), maintained up to 6 months ¹

Turmeric (curcumin)

500 – 2000 mg curcumin a day

reduce markers of inflammation and thus relieve osteoarthritis symptoms ²

Boswellia
Indian Frankincense)

100–250 mg for 4 weeks

improve joint pain, stiffness and function ³

Broccoli, brussels sprouts,
cabbage, cauliflower
(sulphoraphane)

1.5 cups a day

prevent cartilage destruction in osteoarthritis ⁴

Berries, pomegranates and
grapes (anthocyanins)

1.5 cups a day

reduce pain and inflammation ⁵

Sesame Seeds

.25 cup a day for 2 months

decrease in pain (from 7 to 3 on a scale of 1 -10) and suppress free radicals ⁶



More Antioxidants

VITAMIN E & OMEGA 3s

Nuts and seeds, fatty fish and green leafy vegetables

- Helps with immune function and neurological health

RESVERATROL

Grapes, cherries, pomegranates, watermelon, beets

- Inhibits biomarkers for cartilage degradation helping to keep joints functioning.

CATECHIN POLYPHENOLS

Ginger, green tea, holy basil, turmeric, rosehips, fennel

- Free radical scavengers

OTHER HIGH ANTIOXIDANT VEGETABLES AND SPICES

Garlic, ginger, onion, peppers, cinnamon, cloves, cayenne

- Targets inflammatory pathways



What Does an Anti- inflammatory Plate Look Like?



Grilled chicken, quinoa, apricots, red onion, and pecans on a bed of spring lettuce mix



Turkey and vegetable meatballs on pasta with fresh tomatoes and basil, and steamed vegetables



Black beans with quinoa and grilled vegetables



Chicken and brown rice veggie bowl with Chinese cabbage, snap peas, bell peppers, and carrots



Turkey burger with vegetable skewers and grilled romaine



Tofu and brown rice bowl with thinly sliced vegetables, sesame seeds, and Thai basil



Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes,



For good nutrition also choose each day:

- 3 fruit servings. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

Tips for Eating Anti-inflammatory Foods...

- ✓ Swap processed food like chips & dips for veggies & yogurt, etc.
- ✓ Eat veggies raw, roasted, grilled, baked, marinated, or in a smoothie.
- ✓ Use olive oil/herbs to season or dip.
- ✓ Swap lettuce, collard greens or chard for tortillas or bread
- ✓ Drink tea instead of coffee, soda, or energy drinks
- ✓ **HYDRATE!!**



Out
and

About...

Swap



for



Swap



for





Simple Roasted Vegetables!

- 1 Eggplant
- 1 turnip
- 1-3 Parsnips
- 1-3 carrots
- 1 sweet potato
- 1-2 Zucchini/ other squash
- 1-2 cups broccoli
- 5 Roma tomatoes
- 1-2 Tbsp Olive Oil
- 2-3 Tbsp Balsamic Vinegar
- Pinch of salt/ salt free seasoning
- ½ Tbsp Basil, Oregano, Thyme, Parsley (or other favorite spice blend)

Preheat oven to 400 F and oil/ spray a baking sheet to prep. Wash, peel and chop all veg to desired size/ shape. Combine all with oil, vinegar and herbs in a large bowl. Mix with your hands to desired consistency. Roast for ~35 min or until desired cooked level

Plant-Tastic Smoothie!

- Water/ plant milk/ no sugar added juice
- Cucumber
- Spinach
- Apples/ Pears
- Frozen or fresh berries (blueberry, blackberries, raspberry, strawberry)
- Banana
- (optional: yogurt and/or protein powder supplement)

Add ice, blend, and enjoy!



Helpful Resources !

KAISER PERMANENTE HEALTH AND WELLNESS kp.org/recipes

- Free easy to follow recipes (quick to full meals)

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER YOUTUBE

- Plant-based cooking videos
- Exercise videos
- Mindfulness and more...

KAISER PERMANENTE PLANT-BASED EATING



KP PLANT-BASED EATING BOOK



Mindfulness

- Mindfulness Programs
- Mindful Living Practice
- Mindful Mamas Practice
- Mind Over Cancer
- Mindfulness Coaching



Weight Loss



Fitness



Healthy Nutrition

4 Busy Families

- Virtual Bites
- Exercise Videos
- Healthy Habits Workshops



Connect With Positive Choice.org

- Biofeedback (no fee with physician referral)
- Healthy Balance 16-session Healthy Lifestyle Program (no fee)
- Exercise videos for those with limited movement



RECOMMEND

Move Your Body

- Do low impact exercises with long warmups and cool downs
- Try short bouts of exercise (5-10 minutes) throughout the day (TIME over distance)

Movement

- ✓ Better range of motion
 - ✓ Enhanced endurance
 - ✓ Improved balance
 - ✓ Pain reduction
- Regular exercise does not appear to increase joint damage



Strength Train



RECOMMEND

Stronger muscles =

- ✓ Better mobility
- ✓ Increased Balance
- ✓ Greater joint support
- ✓ Reduced bone loss

Weakened/ underused muscles can lead to increased joint pain

Mind Body/ Flexibility



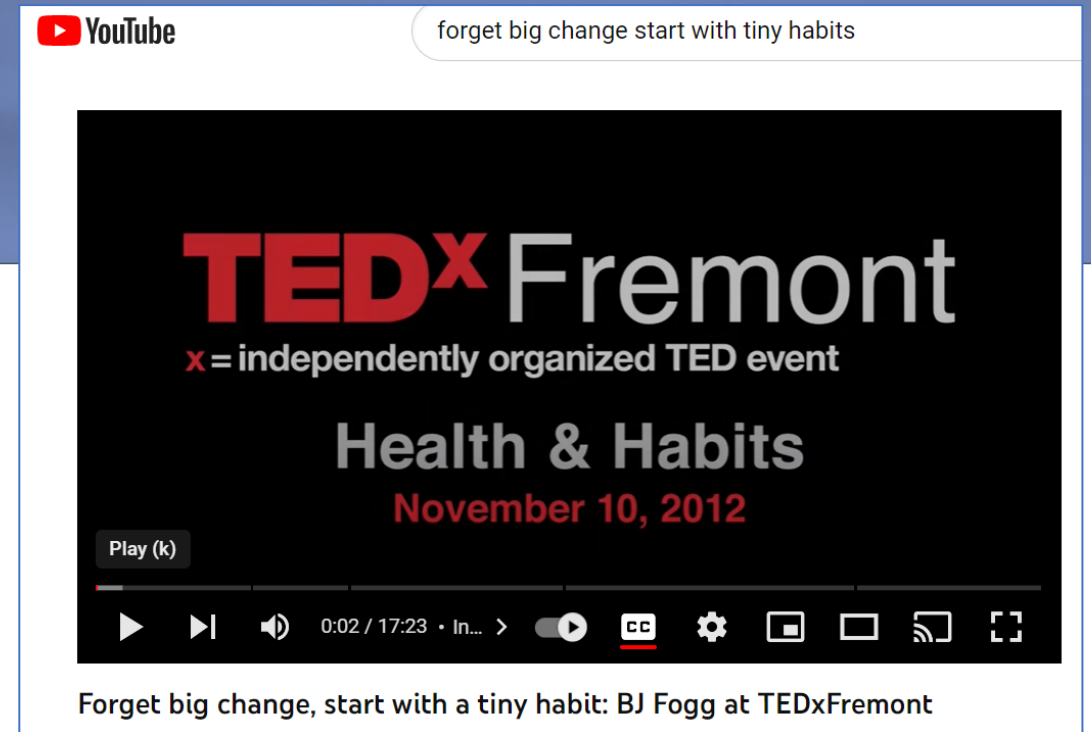
RECOMMEND

- ✓ Helps maintain/improve Range of Movement (ROM)
- ✓ Can help improve posture, balance, joint position sense (proprioception)
- ✓ Assists with stress management, emotion regulation, and mood

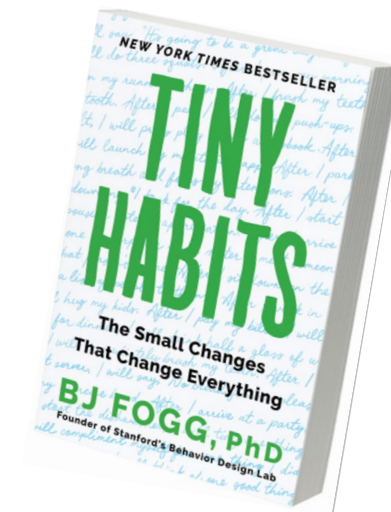
Tiny Habits

Why do They Work

- Tiny Habits take 30 seconds or less....
- Are anchored to something you do daily
- Ridiculously easy



<https://www.youtube.com/watch?v=AdKUJxjn-R8>



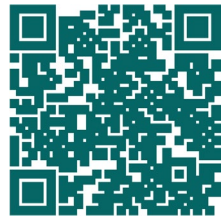
Make a Plan... Step by Step



Living with Osteoarthritis

Join us for an 8-week workshop designed around building lifestyle strategies that will help you manage your osteoarthritis so you can improve or resume your mobility.

Thursday, May 2nd, 2024
9:30 am to 10:30 am



Scan the QR code for more information!

Enroll today!
858-616-5600





- ✓ https://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercising%20with%20Rheumatoid%20Arthritis.pdf
- ✓ https://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercising%20with%20Osteoarthritis.pdf
- ✓ <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/exercise-how-much-is-enough>
- ✓ <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/14-ways-to-work-out-with-arthritis>
- ✓ https://journals.lww.com/acsm-healthfitness/fulltext/2012/02000/exercise_and_arthritis_guidelines_for_the_fitness.6.aspx
- ✓ <https://www.health.harvard.edu/pain/4-ways-exercise-helps-arthritis>

- ✓ https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#TOC_TITLE_HDR_3
- ✓ <https://www.nccih.nih.gov/health/glucosamine-and-chondroitin-for-osteoarthritis>
- ✓ <https://www.keckmedicine.org/blog/could-more-vitamin-d-help-relieve-your-rheumatoid-arthritis/#:~:text=Upping%20your%20vitamin%20D%20intake,adults%20and%20rickets%20in%20children.>