

## Best Advice for Patients having Osteoarthritis of the Knees

OP Kapoor

The following is the best advice for patients of osteoarthritis of the knees:

1. Lose weight
2. Go for regular walks inspite of pain, with either the knee caps or preferably knee braces, though the latter are costlier
3. Start wearing shock absorbing footwear with arch support
4. For ordinary pain paracetamol in a dose of 650 mg 1-2 tablets 3-4 times a day and NSAID gel like voveran gel to be applied four times a day
5. Whenever pain or swelling is severe, inj of local steroid can be given upto three times a year.
6. Finally, Israeli custom made shoes (cost Rs.2.5 lacs), which will soon be available at Dubai (nearest to our country) have created euphoria in some patients having painful knee arthritis! If found successful, they may make knee replacement surgeons find more time for their families!!

Ex. Hon. Physician, Jaslok Hospital and Bombay Hospital, Mumbai. Ex. Hon. Prof. of Medicine, Grant Medical College and JJ Hospital, Mumbai 400 008.

### RESTING HEART RATE PREDICTS MI IN WOMEN

The Association between resting heart rate and coronary events is well documented in men. Lowering resting heart rate is an accepted target of anti-ischaemic therapy.

This study supports the notion that a higher resting heart rate is independently associated with coronary events in women and particularly so in younger postmenopausal women. However resting heart rate *does not* appear to be an independent predictor of stroke in this population.

Peter Savill, *The Practitioner*, 2009; 253 (175) : 4.