

PubMed

Abstract ▾

Full text links

CAMBRIDGE Journals Online  
Full text

Proc Nutr Soc. 2014 May;73(2):278-88. doi: 10.1017/S0029665113003935. Epub 2014 Feb 26.

## The potential for dietary factors to prevent or treat osteoarthritis.

Green JA<sup>1</sup>, Hirst-Jones KL<sup>2</sup>, Davidson RK<sup>1</sup>, Jupp O<sup>1</sup>, Bao Y<sup>2</sup>, MacGregor AJ<sup>2</sup>, Donell ST<sup>2</sup>, Cassidy A<sup>2</sup>, Clark IM<sup>1</sup>.

### + Author information

#### Abstract

Osteoarthritis (OA) is a degenerative joint disease for which there are no disease-modifying drugs. It is a leading cause of disability in the UK. Increasing age and obesity are both major risk factors for OA and the health and economic burden of this disease will increase in the future. Focusing on compounds from the habitual diet that may prevent the onset or slow the progression of OA is a strategy that has been under-investigated to date. An approach that relies on dietary modification is clearly attractive in terms of risk/benefit and more likely to be implementable at the population level. However, before undertaking a full clinical trial to examine potential efficacy, detailed molecular studies are required in order to optimise the design. This review focuses on potential dietary factors that may reduce the risk or progression of OA, including micronutrients, fatty acids, flavonoids and other phytochemicals. It therefore ignores data coming from classical inflammatory arthritides and nutraceuticals such as glucosamine and chondroitin. In conclusion, diet offers a route by which the health of the joint can be protected and OA incidence or progression decreased. In a chronic disease, with risk factors increasing in the population and with no pharmaceutical cure, an understanding of this will be crucial.

PMID: 24572502 [PubMed - indexed for MEDLINE]



Publication Types, MeSH Terms, Substances, Grant Support ▾

LinkOut - more resources ▾

PubMed Commons

[PubMed Commons home](#)

0 comments

[How to join PubMed Commons](#)