

## **Nibbles & Tidbits 9/17/21**

If your hips, knees or hands have gotten stiffer and more painful in recent years, you might be among the more than 32 million Americans who suffer from osteoarthritis (OA). This “wear and tear” form of arthritis, causes the cartilage that normally cushions joints to break down, allowing bone to rub against bone. The result: pain, redness, stiffness and inflammation.

This kind of arthritis is mainly treated by pain-relieving medications, but lifestyle changes can also help a lot. Exercise and weight loss top the list. Dietary changes are the key to losing weight, but tweaking your eating habits can also help control arthritis symptoms. That's because while osteoarthritis is primarily caused by overstressing one or more joints, “there's also a component that has to do with the body's response to injury, which is inflammation,” says Melissa Ann Prest, a registered dietician and spokesperson for the Academy of Nutrition and Dietetics. She points to the Mediterranean and DASH diets, which limit added sugar, refined carbohydrates and saturated fat, as anti-inflammatory standouts.

While you may not be following a specific diet, regularly adding the following foods to your plate (while simultaneously cutting back on fried food and sweets) might help soothe your achy joints and perhaps even slow down the progression of arthritis: salmon, olive oil, cherries, garlic and spinach and kale. To learn more, click here:

[5 Superfoods That Reduce Inflammation from Arthritis \(aarp.org\)](https://aarp.org/health/food-and-nutrition/2019/05/5-superfoods-that-reduce-inflammation-from-arthritis/)

And here is some important related information from our own Dr. Danna Park:

I've also had patients who have had dairy intolerances and have had huge improvement in joint pain with going to a dairy free diet. It usually takes six weeks off of dairy to see if there's going to be a benefit and that includes all dairy--milk, cheese, cream cheese, cow-based yogurt, ricotta, etc. Thankfully we have lots of non-dairy options at this point available at Ingles, Walmart and other grocery stores Dash milk, almond milk, non-dairy yogurt and even non-dairy “butter” (I like EarthBalance) and cream cheeses (Kite Hill is my favorite). I also will tell patients that eggs are not in the dairy family – this can be a common misconception.

Here's a tasty kale and apple salad recipe:

[Kale and Apple Salad Recipe | Food Network Kitchen | Food Network](#)

Your Healthy Advisory Team,  
Danna, Kay and Mary