

Dicky knees tie up too many of our busy GPs

OSTEOARTHRITIS is a major health problem in the community.

About one in 10 Australians suffer from osteoarthritis, with the knee being the most common site.

It costs the health budget \$1.2 billion annually.

In 2003-04, osteoarthritis was the seventh most frequently managed problem by general practitioners

(1.9 per cent of all problems managed).

Knee osteoarthritis is a major source of pain and functional limitation and leads to the inability to exercise, which is a major health problem in itself.

Osteoarthritis causes pain, swelling and stiffness affecting the inside part of the knee far more often than the outside.

People will often feel stiff getting out of bed in the morning or they may have trouble walking up and down stairs.

Kent Sweating is a podiatrist and co-owner of Performance Podiatry and Physiotherapy, West End. Read his Healthy Performance blog at www.citysouthnews.com.au.



A food fanatic

IF you're a regular reader of this blog, or a friend of mine on Facebook you'll know I'm obsessed with food. I'd even consider "obsessed" too kind a word. Perhaps fanatical, zealous or devoted.

It's strange, because I don't cook. I'm not even sure what goes into half of the dishes I eat, but I'm consumed by flavours, textures and colours.

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