

Patient information from BMJ

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Osteoarthritis: questions to ask your doctor

If you've been diagnosed with osteoarthritis of the knee or hip, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- Is there anything I might be doing that could be making my symptoms worse?
- What are the best treatments for me?
- Are there any nutritional supplements or vitamins that might help my joints?
- What medicines can help with my pain and discomfort? Are they over-the-counter or prescription?
- Are there any injections you can give me in my painful joint that might be helpful?
- If pain medications don't help, what's next?
- What are the side effects of treatment?
- Is there anything I can do to help myself, such as exercising or losing weight?
- If I exercise, what kind of exercise should I do?
- How will we decide whether I need to have my joint replaced?
- Would wearing special shoes or using a walking stick help me? Are there any other aids that would help me?

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