

Argus Orthopaedic Zone

Fluids and Joint Health

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Transforming patient information into patient understanding.

If you have arthritis you should pay attention to this. I have a feeling that young people who don't have arthritis are not regular readers so it's OK for them to miss this!

I'll bet a lot of you have not given much thought to how fluids and beverages affect your joint health.

Some are highly recommended, others are alright and a few should be limited or avoided.

Amount of H₂O

You can't do better than water. It has been around keeping people healthy a lot longer than anything else! Eight cups of water per day have been the recommendation for years. One cup equals eight ounces. So - $8 \times 8 = 64$ ounces. Ugh. Don't stop reading, please! Other fluids can count toward your eight cups of water. It does not have to all be water.

Overall Health

Nutrients move more easily through your body with adequate fluids helping your metabolism. It hydrates the cells in your joints and in your body generally. It reduces arthritis pain by maintaining the joint's space and fluid in the joints themselves.

Milk, etc.

- Low fat or skim milk
- Nutritional supplement drinks (watch the calories!)

Teas

- Green tea especially as it is high in antioxidants.
- Antioxidants can reduce inflammation and joint damage.

Juices

- Calcium fortified orange juice.
- Its high concentration of Vitamin C is important.
- Anti-inflammatory drugs taken by arthritis patients tend to deplete the body of Vitamin C.

Caffeine

Decaffeinated coffee is best. Too much caffeine causes bone loss if you don't get enough Calcium.

Soft Drinks

Decaffeinated drinks are best (see above). Check your soft drink to see if it has phosphoric acid. This substance prevents Calcium from being absorbed increasing the risk of osteoporosis.

Alcohol

Moderation. Moderation. Less is better. If you are counting on this for much of your 64 ounces you are drinking too much!

That's All Folks

More good news. 20% of your fluid needs are met in the foods we eat. The other 80% is from our beverages. Many beverages promote health and reduce arthritis symptoms.

Remember you can't beat water. Available. Cheap. Safe (well, maybe not in Mexico!).

Argus Orthopaedic Zone Archive and Office Website

What if there was a whole world of musculoskeletal information at one place? There is!

www.orthopodsurgeon.com opens up for you the office website, Your Orthopaedic Connection and the Archive of all previous Argus articles I have written for you, your family and friends.

Please check it out. Do yourself a favor.
Be well.

Dr. Haverbush