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Recognize warning signs of osteoarthritis

Joint Replacement Center to host arthritis, joint pain seminar

ALEXANDRIA, Minn. (February 2009) – Pain, swelling, stiffness, tenderness or grinding in your joints is typically an indication of osteoarthritis. As a condition that currently afflicts over 20 million people in the United States, recognizing its symptoms can help give you a head-start in preventing further degeneration of your joints.

Of the 100 different types of arthritis conditions that exist, osteoarthritis is the most common. Caused by the breakdown and eventual loss of cartilage, or the cushion between joints, osteoarthritis occurs most often in the hands, feet, spine and large weight-bearing joints, such as the hips and knees. Although there is no known cause for arthritis, early diagnosis and treatment can help to reduce future discomfort.

To encourage awareness and promote early diagnosis, arthritis and joint pain will be the subject of the March Community Education Seminar hosted by the Joint Replacement Center at Douglas County Hospital. Dr. Dennis Weigel, orthopedic surgeon and joint replacement specialist with Alexandria Orthopaedic Associates, is the featured speaker for the seminar that is scheduled for Monday, March 9, 2009, from 4-5 p.m. in the Conference Room of the Douglas County Hospital.

All Community Education Seminars are open to the public, but seating is limited. To register for the Arthritis and Joint Pain Seminar, please call (320) 762-6661.

Douglas County Hospital, located in Alexandria, Minnesota, partners with area orthopedists to provide the best orthopedic care to residents in the southwest region of Minnesota. With the addition of the Joint Replacement Center in 2008, Douglas County Hospital has expanded their services to include a more comprehensive approach to orthopedic medicine. They provide services such as total joint replacement and sports medicine as well as the treatment and care for the back and neck, and the upper and lower extremities. For more information on the Joint Replacement Center and its orthopedists, visit www.dchospitalorthopedics.com or call for an appointment, (877) 951-6060.

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