

Causes, Prevention, and Everything that You Need to know about Joint Pain in Young Adults

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Introduction

People feel that joint pain is a sickness that only affects the elderly and that it will not impact them when they are younger. Joint discomfort isn't just a problem for the elderly. Such scepticism may be due to the fact that the most common cause of joint pain is osteoarthritis, a kind of arthritis that primarily affects people in their forties and fifties [1,2].

What Causes Joint Discomfort in Teenagers and Young Adults?

The term "arthritis" has been used to describe joint pain in the past. Arthritis is a collection of joint disorders and related conditions with signs and symptoms such as joint pain, inflammation, and stiffness, all of which contribute to impaired mobility.

Joint discomfort in young people can be caused by a variety of factors.

Arthritis degenerative: The most prevalent type of arthritis is osteoarthritis (OA), generally known as "wear and tear" illness.

The surrounding cartilage that cushions the joints wears away as a result of OA. As a result, the bones of the joint rub against one another, creating swelling, discomfort, and stiffness.

What Causes Degenerative Arthritis in Children and Adolescents?

Genes: play a role in the development of OA through affecting the body's collagen production, which is the protein that makes up joint cartilage. This deficiency can result in the beginning of OA as early as the age of 20. Another inherited abnormality is a condition in which the bones are not properly aligned and joined, causing cartilage to wear out more quickly [3].

Obesity: Extra weight can increase the rate of joint cartilage breakdown by putting more pressure on the hip and knee joints.

Injuries and Repetitive Movements

Osteoarthritis can be caused by repetitive movements and joint injuries such as ligament tears and fractures. Athletes, for instance, may regularly hurt their joints, ligaments, and tendons, hastening cartilage deterioration. Jobs and hobbies that require a lot of standing, hard lifting, and bending may cause cartilage degradation faster [4].

Rheumatoid Arthritis: Inflammation of the joints is a symptom of this type of arthritis. Rheumatoid arthritis, psoriatic arthritis, and juvenile idiopathic arthritis are only a few of them.

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Antibodies are produced by our immune system in response to infections and other disorders. However, it is possible that it will assault the joints by accident. Joints and even certain internal organs are injured when this happens.

Septic Arthritis and Infectious Arthritis are two types of arthritis induced by an infection in the joint. Bacterial arthritis is the most common type of infectious arthritis. Staphylococcus aureus, a bacteria that lives on healthy skin, is the most prevalent organism. Infectious arthritis can be caused by either a virus or a fungus. In most cases, an infection from another region of the body spreads through the circulation to the joint. Infections that are less prevalent can enter the joint through sores on or around the joint [5].

Arthritis Reactive: An infection in another part of the body causes inflammation in the joint in reactive arthritis. The infection is not present in the joint itself, unlike the prior type.

Infections in the body that can cause arthritis include:

Mumps, rheumatic fever, measles, and hepatitis are all contagious diseases.

Care for Young Adults with Arthritis

It might be perplexing for a patient to be diagnosed with a chronic disease like arthritis at a young age. Early detection can result in total symptom control, and the disease should not prevent you from leading a normal life. There are no excuses for you not to live a happy life if you follow the appropriate advice and make lifestyle changes.

Remain active: One of the most effective therapies for arthritis is regular exercise, which helps to strengthen the muscles around the damaged joints, increase mobility, and reduce fatigue and pain.

Eat a nutritious diet: Vegetables are good for your bones, so eat plenty of them. Dairy products, nuts, seeds, and fish are all good additions.

Exercise: Maintaining a healthy weight to minimise additional stress caused by obesity.

Consultation: Seek medical advice as soon as possible and avoid self-treatment

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