

AOS, INC.-Alabama Orthopaedic Society

Knee Pain Common in Older Women

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A study published online in the journal *Arthritis & Rheumatism* finds that 63% of women age 50 years and older reported persistent, incident, or intermittent knee pain during a 12-year study period, although there was significant fluctuation in self-reported knee pain during the time. The authors drew data from 489 patients taking part in the Chingford Study-a prospective population-based study of OA and osteoporosis. Pain was defined by any pain in the preceding month and pain on most days in the preceding month. The authors found that for any pain vs. pain on most days in the preceding month, 9% and 2% respectively had persistent pain, 24% and 16% had incident pain, and 29% and 18% had intermittent pain. Higher BMI predicted persistent and incident pain patterns, while radiograph OA predicted persistent pain, and reported knee injury predicted both persistent and intermittent pain patterns.

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