

BIOFORCE F.Y.I.

Makers of Myo-Med

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Understanding Hand Pain by Lisa Hill, MD

Have you attempted to open a jar or thread a needle only to be reminded of the limitations you have because of hand pain? The joints of the hands are amazing in their ability to work together to allow us to do all of the work we require of them. Unfortunately, arthritis commonly affects the joints of the hands and fingers, thus limiting daily activities. Arthritis is a common medical issue affecting an estimated one in five people living in the United States. Surprisingly, half of those that suffer from arthritis signs and symptoms are under age 50.

There are multiple kinds of arthritis. The most common kinds of arthritis to affect the hand are osteoarthritis and rheumatoid arthritis with osteoarthritis being much more common than rheumatoid arthritis. In general, arthritis causes a loss of cartilage in the joints of the hand. Cartilage is important because it works as a shock absorber and provides a smooth gliding surface for the joints during movement.

The body's efforts to make up for this loss of cartilage cause some of the signs and symptoms of arthritis. One way the body attempts to make up for the lost cartilage is by producing more fluid in the joint. This leads to swelling and restriction of motion in the joints. The swelling of the joint also stretches the joint capsule, which causes pain. Another symptom of advanced disease is a feeling of grinding and grating in the joint. This is caused by the irregular cartilage surfaces rubbing against each other. This rubbing

also causes pain. In advanced disease you may even have pain at night. Morning pain and stiffness are common. Joints may also feel warm occasionally because of inflammation. Some people notice ridging or dents in their nails with involvement of the joints at the end of the fingers.

There are a few different options for treating the symptoms of osteoarthritis. These options include medication, creams, splinting and injections. Over the counter medications include Tylenol and anti-inflammatory medications. Tylenol may help with the pain and anti-inflammatory medications may help with swelling and pain. Anti-inflammatory medications often adversely affect the stomach or kidneys. Myo-Med cream with cetylated fatty acids (CFAs) may be used as an alternative to these medications. CFAs have been shown to help with overall function and pain in joints with osteoarthritis. Myo-Med has additional ingredients that may help your body fight inflammation and the pain associated with arthritis by repairing injured cell walls. Splinting helps ease the stress placed on an arthritic joint by activity but may lead to muscle weakening. Injections of anesthetic and steroid can provide relief from pain but may weaken the tendons and ligaments around the joint.

There are multiple options to keep arthritis sufferers doing what they love to do. It is important to work with your health care provider to make a disease management plan that ensures the greatest quality of life possible for you.

MYO-MED®

"I started using Myo-Med to help my lower back pain, something I've suffered with for years. It's fantastic. After applying it, I was surprised to find that the excess I had rubbed into my hands relieved my arthritis pain. I spend a lot of my day quilting and painting, and now thanks to Myo-Med, I enjoy both of those activities without pain."

Delia S. - Sioux Falls, SD

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