# CAN YOU EAT AND MOVE YOUR WAY TO LESS KNEE PAIN?

## IN AN 18-MONTH TRIAL, DIET PLUS EXERCISE DID BEST.

**11%** average weight loss with diet plus exercise over 18 months, with less pain and better function (IDEA trial, 454 older adults with knee osteoarthritis).

Messier et al. · JAMA · 2013 [1]

## WHAT DID THEY CHANGE?

- ✓ **A lower-calorie diet**
- ✓ **Walking and strength training**
- ✓ **Both together**

*Diet plus exercise led to the most weight loss.*

## WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could losing weight or changing my diet help my joint pain?** [1,2]
2. **What exercise is safe for my joints, and how should I start?** [3]
3. **Could a physical therapist help me?**
4. **Can we check back in 3 months to see if my pain is better?**

**44** trials in a Cochrane review: high-quality evidence that exercise reduces knee osteoarthritis pain (3,537 people).

Fransen et al. · Cochrane Database of Systematic Reviews · 2015 [3]

! **Work with your doctor, not around them. Never stop a medication on your own.**

**BOTTOM LINE** Move more, weigh less, hurt less. Strong proof for exercise and weight loss; plant-based eating is early.

## MORE OF THE EVIDENCE

- A Cochrane review of 44 trials (3,537 people) found high-quality evidence that exercise reduces knee osteoarthritis pain. [3]
- In the 18-month IDEA trial of 454 older adults with knee osteoarthritis and excess weight, diet plus exercise led to the most weight loss (about 11%), less pain and better function. [1]
- In a 6-week trial of 40 people, a whole-food, plant-based diet improved pain, energy and physical function more than their usual diet. [2]

**Keep in mind:** The plant-based study was small, and pain was self-reported.

### WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

**I'm not anti-medicine. I'm pro-health.**

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

## NOTES FROM MY APPOINTMENT

### DATE AND DOCTOR

### WHAT WE AGREED TO TRY

### WHEN WE WILL RECHECK

## SOURCES


[1] Messier SP, et al. JAMA, 2013. Effects of intensive diet and exercise on knee joint loads, inflammation, and clinical outcomes among overweight and obese adults with knee osteoarthritis: the IDEA randomized clinical trial. https://pubmed.ncbi.nlm.nih.gov/24065013/

[2] Clinton CM, et al. Arthritis, 2015. Whole-foods, plant-based diet alleviates the symptoms of osteoarthritis. https://pubmed.ncbi.nlm.nih.gov/25815212/

[3] Fransen M, et al. Cochrane Database of Systematic Reviews, 2015. Exercise for osteoarthritis of the knee. https://pubmed.ncbi.nlm.nih.gov/25569281/



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