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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