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**OSTEOARTHRITIS TOPIC OF PHYSICIAN SEMINAR
AT EXCELA SQUARE AT NORWIN**

GREENSBURG, PA, August 13, 2012 ... Osteoarthritis, its causes, symptoms and treatments is the topic for a community education program to be presented by Excelsa Health primary care sports medicine specialist Jacob DiCesare, DO, 6 p.m., Tuesday, Aug. 28 at Excelsa Square at Norwin, Norwin Hills Shopping Center, 8775 Norwin Avenue, North Huntingdon. The presentation is a prelude to the Arthritis Foundation's Westmoreland Walk, Saturday, Sept. 8 at Mammoth Park, Mount Pleasant Township.

Osteoarthritis (OA) is the most common joint disorder and the result of natural aging and "wear and tear" on a joint. Although there is no cure for OA, symptoms can be controlled. Treatment includes medication, lifestyle changes, physical therapy and surgery if necessary.

"Staying active and getting exercise helps maintain joint movement and overall good health," said Dr. DiCesare. "Water exercises, such as swimming, are especially helpful to the joints." Eating a healthy, balanced diet, maintaining an appropriate weight and getting ample rest are also important, he added.

When joints become stiff and swollen, simple daily activities like walking, stair climbing, or kneeling more difficult. "You'll want to protect your joints by changing up your routine to take away some of the pain or stress on the joint, added Dr. DiCesare.

While over-the-counter medications and injections provide pain relief, physical therapy can help improve muscle strength and the motion of stiff joints, as well as a person's sense of balance.

A member of Excelsa Health Orthopedics and Sports Medicine, Dr. DiCesare is honorary chair of this year's Arthritis Walk.

"When other methods of symptom management are exhausted, joint replacement is a viable option that has the ability to afford people a better quality of life and functionality," said Dr. DiCesare, who noted the average age of joint replacement candidates is rising. "Most people seeking a knee or hip replacement are in their 60s or older; however, procedures are done on individuals as young as 40. Sometimes age is not a factor. You have to consider each individual case, and determine how that person's life is being affected. In some cases surgery might be the best option "

For patients, it ultimately comes down to what they want to achieve and how they want to live their life.

To register for the August 28 education program, contact the Excelsa Health Call Center, 1-877-771-1234. For more information on the walk, visit the event web site: www.fallwalk.kintera.org.