Body Weight and its Impact on Inflammatory Arthritis

WEIGHT MANAGEMENT



Body weight can influence inflammatory arthritis through both physical stress and internal responses. Excess weight increases load on weight-bearing joints, while higher levels of body fat can contribute to chronic low-grade inflammation that may worsen symptoms, disease severity, long-term bone health and reduce the chance of remission.

Mechanical Stress on Joints

Higher body weight places additional pressure on joints such as the spine, hips, knees, and ankles. In people with inflammatory arthritis, this added load can increase pain and reduce mobility.

Uncontrolled inflammation and mechanical load could lead to bone erosion in already vulnerable joints.

Inflammation and Metabolic Effects

- Excess body fat can promote meta-inflammation; a chronic low-grade inflammatory state linked with immune and metabolic dysfunction.

- Fat cells release inflammatory mediators and hormones known as adipokines, which may contribute to joint inflammation.

- In inflammatory arthritis, higher body weight and obesity have been linked with a lower likelihood of achieving remission and may reduce treatment response

- Weight management, regular appropriate exercise, and dietary changes can help reduce joint strain, support cardiovascular health, and complement medical treatment.

What to Remember

Body weight is a modifiable factor that can reduce inflammatory arthritis symptoms, meta-inflammation and treatment outcomes. Even small changes in weight (~10%) may improve physical function and quality of life.

References

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