

Sounds coming from the knee can lead to a risk of osteoarthritis

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Before that, known osteoarthritis occurs when the soft tissue at the end of the bone is worn out.

Recently, researchers from the Baylor School of Medicine in the US have analyzed data from about 3,500 participants and found that many people are at risk for chronic knee arthritis. They say that the crisp sounds emanating around the knee joint may increase the risk of developing chronic knee arthritis.



Not only that, the researchers also showed that people with chronic arthritis within a year, 75% had clear signs detected by X-rays, the rest were painless, so it was difficult to receive. face, control.

Grace Lo, a professor at Baylor School of Medicine, said: *"This study shows that if people with a knee produce sounds, they are at a higher risk of developing pain in the next few years than those who do not have a knee sound"*.



"Many people show signs of osteoarthritis taken with X-ray technology without any complaints, and therefore it is difficult to identify and develop strategies to prevent and prevent disease in groups," Lo said. this' .

In addition, the researchers also said that in the future, people with arthritis will be detected by X-ray technology, without symptoms to find the optimal treatment for timely treatment. .

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