

# Managing Hip and Knee Osteoarthritis

## PATIENTS HELPING PATIENTS

Many people across Canada are suffering due to hip and knee osteoarthritis (OA). Learning how to manage their symptoms is critical to help them stay physically active.

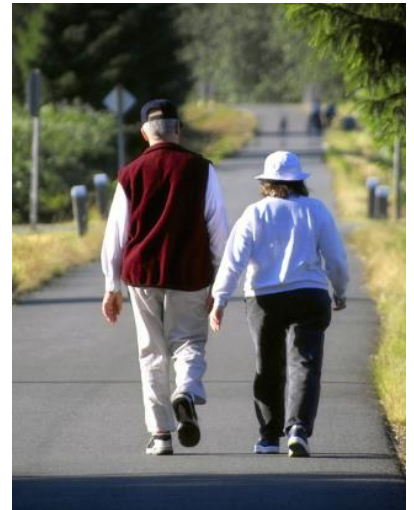
Through the GLA:D program you have learned what is required to manage your condition including:

How your movements  
change because of OA

Benefits of staying  
active

How to manage your  
pain

Help us to share information to assist other people with/or at risk of hip and/or knee OA.



## How can you help?

1

### Share Information

*Distribute basic materials about OA to your network. Ask us and we will send you the materials.*

2

### Share Contacts

*Speak to your networks about OA and let us know if they would like additional information. We can arrange for someone to speak to them individually or in a group presentation e.g., church groups.*

3

### Become an Ambassador

*Participate in a presentation by sharing your OA “lived experience”.*

4

### Donate

*Donations will be accepted by the Canadian Orthopaedic Foundation. All funds donated will be used to help us provide information on OA, including providing access to the GLA:D program to individuals whose access is limited due to geography or socio-demographics. Visit [www.whenithurtstomove.org](http://www.whenithurtstomove.org), click “Donate”, choose “Most Needed” and enter “GLAD” in the Add a Comment field.*

Contact us at:

[learnaboutOA@gmail.com](mailto:learnaboutOA@gmail.com)

and connect with

other patients who

can work with you to

identify how you can

become an OA advocate.

### Commitment

No long-term commitment is required. All contributions that spread the message about OA will help to improve the lives of people across Canada.