

Osteoarthritis and Aching Limbs

Osteoarthritis (OA) is one of the most common and disabling musculoskeletal **conditions**. It is usually accompanied by: **inflammation** of the **joints**, **degeneration** of **cartilage**, and reduced elasticity.

Osteoarthritis can be caused and even **exacerbated** by repetitive strain injuries (RSIs). The repeated movement puts enormous **strain** on the cartilage. When the cartilage wears down we lose the **cushioning** effect. The result is chronic pain and inflammation of

the joint. OA can also be **hereditary**, which means that the **likelihood** of getting OA can increase with age.

PTA: Guten Morgen.

Female customer: Good morning, do you speak English?

Yes, how may I help you?

I have this **awful** pain in my knee!

Oh! Did you injure it in any way? You know, twist it suddenly or knock it against something?

No, not really. It's been giving me a bit of bother on and off over the past few months.

I see. Could you describe the pain for me, please?

If I stand for a long time, as I have to do in my job, I notice that it seems to get really hot, and swollen. And I'd describe the pain as **throbbing**.

Have you been to your GP?

I thought I'd come here first. They have **a lot on their plates** at the **surgery** at the moment. And besides: it's not as if I'm sick, is it!

Well it sounds chronic. I have a few things that I can recommend and if they don't help, you can still go to your GP.

Okay.

Have you taken any painkillers today?

No, I'm not really one for **popping pills**!

This will help you though. It's called ibuprofen, which is an **non-steroidal anti-inflammatory drug**, and it contains another **active ingredient** that helps it to work quickly.

Don't I need a prescription?

No, they are prescription free in this **dosage**. We call them over-the-counter, or OTC products. What I also have is diclofenac gel. It's on offer at the moment and there is a gratis gel pack. You put the pack in the icebox or the deep freeze. Oh, and make sure to cover it with a tea towel, before use, so that you don't damage your skin from the cold. In fact it is a good idea to cool the joint regularly to help reduce inflammation. How often should I apply the gel?

Mornings and evenings. And, as I said before, please consult your GP if it is not helping you at all. The GP will probably give you a **referral** for a specialist. I'll see how I get on. Thank you for your help and advice.

No, problem. You are more than welcome. Goodbye.

Thanks again and goodbye. ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

Osteoarthritis	Arthrose
aching limbs	Gliederschmerzen
conditions	(hier) Erkrankungen
inflammation	Entzündung
joints	Gelenke
degeneration	Abbau
cartilage	Knorpel
exacerbated	verschlimmert
strain	(hier) Druck
cushioning	polstern
hereditary	erblich
likelihood	Wahrscheinlichkeit
awful	schrecklich
throbbing	pochend
a lot on their plates	(ugs.) viel los
surgery	(hier) Arztpraxis
popping pills	Pillen einwerfen
non-steroidal anti-inflammatory drugs	nichtsteroidale Entzündungshemmer
active ingredient	Wirkstoff
dosage	Dosierung
referral	ärztliche Überweisung