

Osteoarthritis – Different phenotypes but exercise is essential for all



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A disease with many faces – phenotypes of osteoarthritis

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Amanda Nelson is Associate Professor of Medicine at the University of North Carolina at Chapel Hill. She is a board-certified internist and rheumatologist with a Master's in Clinical Research in Epidemiology. Her research is focused on osteoarthritis, including imaging, bone shape, body burden, biomarkers, sex and race differences and disparities, and application of novel methodologies in a rigorous and unbiased way. She is co-PI of two large cohort studies, the Johnston County Osteoarthritis Project and the Johnston County Health Study, PI on several NIH-funded OA studies, and Director of the Phenotyping and Precision Medicine Resource Core of the NIAMS-funded UNC Core Center for Clinical Research.



Exercise is essential for osteoarthritis: evidence and recommendations

Søren Thorgaard Skou, PT, MSc, PhD

Søren T. Skou is professor of exercise and human health at the University of Southern Denmark and head of the multiprofessional research unit PROgrez at Slagelse Hospital, Denmark. His main research focus is on exercise as prevention and treatment of osteoarthritis and other long-term conditions and he has been the principal investigator of several high-quality randomized controlled trials in the field. Furthermore, he is co-lead of the implementation of the highly successful treatment program Good Life With osteoArthritis in Denmark (GLA:D) for patients with knee and hip osteoarthritis.

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