

## Palliative Therapy Treating Osteoarthritis Destroys Joint

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### Palliative Therapy

We need to re-write the concept of osteoarthritis and prevent the wear and tear process of a disease that allows the progressive destruction of joints, thanks to palliative therapies.

The appearance of osteoarthritis in joints is often initiated by a small lesion like a scratch in the articular cartilage of large joints creating in patient's pain and discomfort

Doctors treating this disease often use X-ray visual devices to localize the defect. Unfortunately quite often no apparent lesion is detected, but nevertheless, patients have prescribed drugs to kill pain, anti-inflammatories, physiotherapy and other palliative therapies to diminished discomfort and limitations, which in many cases can last months or years.

The contacts of joint surfaces are normally smooth and lubricated with synovial fluid to allow sliding movement of end bones, thus allowing us to move our limbs. In osteoarthritis during movement under the effect of drugs which kill pain and other palliative therapies, the bone surfaces inside the joint rasps the defects of the articular cartilage, and due to the wear and tear of the crushing of rough surfaces, deformities in the joint, appear osteophytes and cysts in the trabecular bone. Nevertheless, patients try to have a normal life to continue their activities while pain and discomfort are under control, awaiting the destruction of their joints and the need for the dreaded Total Hip Prosthesis (THP), Knee Joint Prosthesis (TKP) and shoulder joint prosthesis.

Ever since Mc. Kee and Farrar in England implanted the first metal to the metal hip joint prosthesis in 1959 followed by John Charnley using acrylic cement and plastics, and with knee implants increasing since the 80s, this type of surgery has increased due to an aging population with active lives who develop osteoarthritis.

After more than 58 years of Total Hip Prosthesis surgery, we continue accepting this surgery as the unique solution for severe

osteoarthritis, even though we continue witnessing the same kind of complications, high revision surgery, high costs and other types of health problems due to the metals used in the prosthesis of this aggressive surgery

In Europe and all over the world several authors and research groups have reported severe health complications and the risk of death in patients with debilitating diseases treated with THP surgery. It is well known that Orthopedics manufacturers and others have paid millions of US dollars to compensate damages to patients who have been treated with a faulty prosthesis.

The appearance in the market of several types of a prosthesis intended to solve the above increases insecurity for surgeons and patients worldwide, as well as demonstrating that so far, the ideal hip prosthesis hasn't been found.

The above is very profitable for pharmaceutical companies, joint prosthesis manufacturers and others involved in the business of treating osteoarthritis. It has been calculated that the business of treating osteoarthritis in the USA alone is reaching 100 billion US dollars

We should imitate dentists treating caries in teeth, and the way they prevent deterioration and the removal of the dental piece by resurfacing defects.

In joints by resurfacing initial lesions of the articular cartilage as soon as diagnosed using biomaterials, including stem cells, etc. we will be able to prevent their destruction and amputation of live bone. In this way, we can avoid wasting time and resources from National Health Services, health authorities and patients suffering from the complications of taking drugs and other therapies, that only hide the continual destructive process that will eventually require the expensive, aggressive and not free from complications of total joint prosthesis surgery.