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Author: Fiona E. Watt

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Hand osteoarthritis, menopause and menopausal hormone therapy

Dr Fiona E. Watt MD, PhD

Arthritis Research UK Centre for Osteoarthritis Pathogenesis
Kennedy Institute of Rheumatology
Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences
University of Oxford
Roosevelt Drive
Headington
Oxford, OX3 7FY
United Kingdom

No conflict of interest is declared.

Corresponding author and to whom reprint requests should be addressed: Dr Fiona Watt

Tel. +44 (0) 1865 223465

Fax. +44 (0) 1865 612621

Email: fiona.watt@kennedy.ox.ac.uk

Highlights

- The clinical importance of symptomatic hand OA in post-menopausal women is highlighted
- The evidence for an association between the menopause and symptomatic hand OA is summarised
- The evidence for any effect of menopausal hormonal therapy on hand OA and gaps in our knowledge are reviewed

Abstract

Hand osteoarthritis (OA) is one of the commonest musculoskeletal conditions, primarily affecting women over the age of 50, typically around the age of the menopause. Symptomatic disease can give rise to substantial pain, impairment of hand function and quality of life, leading to significant socioeconomic cost. There is currently no disease-modifying therapy, representing a huge unmet clinical need. The evidence for a relationship between hand OA and the menopause is summarised. Whether there is evidence for an effect of menopausal hormonal therapy on the incidence, prevalence or severity of symptomatic hand OA is

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