



**Arthrose & Gelenkschmerz: Gesund werden,
gesund leben, Arthrose verstehen
(Gesundheitsratgeber Dr. Mauch 1) (German
Edition)**

Christian Dr. med. Mauch

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Arthrose ist eine Volkskrankheit. 80 % aller 70-Jährigen leiden an einer Gelenkerkrankung. Zunehmende Freizeitaktivitäten mit Verletzungspotential wie z. B. Snowboard fahren und Squash fördern Gelenkverletzungen und frühen Verschleiß von Gelenkstrukturen. Zudem werden die Menschen übergewichtiger bei steigender Bewegungsarmut in Beruf und Alltag. Die Folge ist das Auftreten von Gelenkschmerzen schon in jungen Jahren.

Dr. Christian Mauch zeigt in diesem Gesundheitsratgeber, welche konservativen und operativen Möglichkeiten zur Therapie der Arthrose bestehen und welche Maßnahmen man selbst dagegen ergreifen kann.

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