

## **Osteoarthritis - the Past, Present and Future**

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Osteoarthritis is the commonest joint disease in the world. It is a leading cause of pain and disability which places a significant burden on health care resources. In the last decade we have gained valuable insights on the pathogenesis of this disease. However, current diagnosis of osteoarthritis continues to be clinically based. Management is individually tailored and focuses on self-management, weight loss and exercise. Surgery is reserved for those in whom lifestyle and less invasive interventions have failed. This lecture will provide an update on the pathogenesis of disease and focus on management and future research directions for this disease.