

Editorial Note on Cartilage Diseases

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DESCRIPTION

Cartilage is a vital component of the skeletal system that can be injured by a variety of diseases. Changes and anomalies in cartilage formation and subsequent ossification, for example, are typical of a category of diseases known as chondrodystrophies.

The following are some examples of cartilage diseases and disorders:

Articular cartilage injury

The cartilage found inside joints is known as articular cartilage. Repair is generally poor and delayed due to a lack of active blood flow within this cartilage. The articular cartilage in the knee can sometimes rupture as a result of an injury.

Osteoarthritis

Osteoarthritis is a disorder in which the cartilage that covers the bones in joints thins and eventually wears off. This exposes the extremities of the bones to friction and erosion, resulting in bone deterioration. The bones sliding against each other without the protecting cartilage can limit movement and create excruciating discomfort. Arthroplasty, or the replacement of the damaged joint, is frequently the only approach to treat and prevent the condition from worsening. Arthroplasty is the process of replacing a natural joint with a synthetic one comprised of stainless steel alloy and high molecular weight polyethylene. Chondroitin sulphate, the polysaccharide part of proteoglycan, can also be utilised to alleviate osteoarthritis symptoms and boost extracellular matrix formation.

Costochondritis

The inflammation of the cartilage that connects a rib to the breastbone is known as costochondritis (kos-toe-kon-DRY-tis) (sternum). Costochondritis pain may resemble that of a heart attack or other cardiac disorders. Chest wall pain, costosternal syndrome, and costosternal chondrodynia are all terms used to describe costochondritis. Swelling can sometimes accompany

pain (Tietze syndrome). The cause of costochondritis is largely unknown. The goal of treatment is to relieve your pain while you wait for the problem to improve on its own, which can take weeks or months. Costochondritis normally goes away on its own, but it might continue for weeks or even months. The goal of treatment is to alleviate discomfort.

Achondroplasia

It is a type of dwarfism characterised by short limbs. Cartilage is a tough but flexible tissue that builds up much of the skeleton during early development, and the word achondroplasia literally means "without cartilage growth." However, in achondroplasia, the problem is not with the formation of cartilage, but rather with the conversion of cartilage to bone (a process known as ossification), which occurs most commonly in the long bones of the arms and legs. Achondroplasia is comparable to hypochondroplasia, a skeletal condition; however the symptoms of achondroplasia are more severe.

Relapsing polychondritis

RP is a severe, episodic, and progressive inflammatory illness that affects cartilaginous structures, primarily those of the ears, nose, and laryngotracheobronchial tree. The eyes, cardiovascular system, peripheral joints, skin, middle and inner ear, and central nervous system may also be impacted. Due to the wide range of possible presenting symptoms and the episodic character of relapsing polychondritis, diagnosis may take a long time. Furthermore, there are no specific laboratory findings for relapsing polychondritis.

Hallux rigidus

It is a disease that affects the joint near the base of the big toe. It produces discomfort and stiffness in the joint, making it increasingly difficult to flex the toe over time. The big toe is referred to as hallux, while rigidus refers to a toe that is rigid and cannot move. Hallux rigidus is a type of degenerative arthritis that affects the toes.

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Received: December 06, 2021; **Accepted:** December 20, 2021; **Published:** December 27, 2021

Citation: Ellaj T (2021) Editorial Note on Cartilage Diseases. *Rheumatology (Sunnyvale)*. S20:e001.

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