

High-fat diet improves cartilage repair in mice

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Obesity is a well-known risk factor for osteoarthritis, but its effects on cartilage repair are unknown. In a recent study in a mouse model of cartilage repair, a high-fat diet and increased body weight did not negatively impair cartilage repair, and it could even accelerate it.

The effects of a [high-fat diet](#) on [cartilage repair](#) are most likely related to inflammatory and metabolic changes, but the exact underlying mechanism is not clear.

"It also remains to be elucidated whether this phenomenon is particular for the mouse strain used in this study or is a more general phenomenon that also occurs in other genetic strains," said Dr. Gerjo JVM van Osch, senior author of the *Journal of Orthopedic Research* article.

More information: Wu Wei et al. High fat diet accelerates cartilage repair in DBA/1 mice, *Journal of Orthopaedic Research* (2016). [DOI: 10.1002/jor.23280](#)

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