

# Arthritis in the hands more common than you might think, study says

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Arthritis in the hands is more common than you might think. Nearly 1 in 2 women and 1 in 4 men will develop the condition in their lifetime, according to a new study.

The risk of symptomatic hand osteoarthritis also varies by race and weight.

Aching or swelling hands, decreased motion and [stiffness](#) are all symptoms of osteoarthritis. The study, published Thursday in *Arthritis & Rheumatology*, analyzed data for more than 2,000 adults over 45 years.

The [lifetime risk](#) of arthritis in the hands is 41 percent among whites and 29 percent among blacks, according to a news release about the study. The risk to people with obesity is 11 percentage points higher than those who are not obese.

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