

When it comes to weight loss in overweight and obese adults with knee osteoarthritis, more is better

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Researchers previously showed that overweight and obese individuals with knee osteoarthritis can reduce pain by 50% and significantly improve function and mobility with a 10% or more weight loss over an 18-month period. The investigators' latest findings, which are published in *Arthritis Care & Research*, reveal that a 20% or more weight loss has the added benefit of continued improvement in physical health-related quality of life along with an additional 25% reduction in pain and improvement in function.

The results come from a secondary analysis of diet-only and diet plus exercise groups in the Intensive Diet and Exercise for Arthritis (IDEA) [randomized controlled trial](#). A total of 240 overweight and obese older community-dwelling adults with pain and knee osteoarthritis were divided into four groups according to [weight loss](#) achieved over an 18-month period: less than 5% (

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