

## DIET AND OSTEOARTHRITIS



**Join a 12-week research study**

**Help us improve osteoarthritis care—contact us today!**

## Do You Have Osteoarthritis?

Join a 12-week research study at UNSW exploring how Healthy Eating Plans may affect pain and quality of life in people with osteoarthritis.

**You may be eligible if you:**

- Age 18 years and over
- Osteoarthritis diagnosis confirmed by a Health Care professional
- Ability to safely undertake study assessments without assistance
  - Willing and able to follow a prescribed diet for 12 weeks
- Access to and ability to use technology to facilitate telehealth services (e.g., device, internet/phone connection)

For more information or to sign up, please contact us or scan the QR code:

 Email: [s.asadi@unsw.edu.au](mailto:s.asadi@unsw.edu.au)



Your involvement can help shape future osteoarthritis treatments!