

Erasmus University Rotterdam, the Netherlands
CSC PhD 2015 Project Description

School/Department:	<p>Department of General Practice, research group “Osteoarthritis and related disorders”.</p> <p>The department is part of the NIHES (Netherlands Institute for Health Sciences) research training school</p>
Project Title:	The next step in osteoarthritis research; evaluating and optimizing preventive measures
Abstract:	<p>The rising incidence of osteoarthritis (OA) worldwide, due to the aging population and the obesity epidemic, and the lack of a cure for this disease leads to the urge for preventive measures. In 2012, the worldwide first preventive randomized trial in OA was completed at our department. In this high quality trial, 407 middle-aged, overweight and obese women free of knee OA were randomly assigned to either a diet & exercise program aimed to reduce body weight or a control group. Those subjects that lost 5 kg or 5% of their body weight had lower incidence numbers after 30 months (15% vs 20%), showing the potential of reducing body weight as a preventive measure for the development of knee OA.</p> <p>As with every health intervention, the effects of this program on long-term changes need to be assessed before a proper conclusion about its effectiveness can be drawn. Therefore, an 80 months follow-up visit is currently being implemented. Using these data, the PhD-candidate can analyse and report on the long-term effects of the diet & exercise intervention. Moreover, as the presented trial was the first ever preventive trial in OA, the PhD-candidate can evaluate directions for optimization of the tested intervention. Finally, the involvement of other potential targets for new preventive studies can be evaluated, including malalignment of the knee, the patellofemoral joint and meniscal pathologies.</p>
Requirements of candidate:	<p>Master degree: Yes</p> <p>Background: Medical Doctor, Health Scientist, or comparable level/type of education. Preferably trained in (clinical) epidemiology or willing to enter the NIHES-MSc-program on Clinical Epidemiology at Erasmus MC</p> <p>IELTS Grade: 7.0 (<i>minimal 6.0 per component</i>) or TOEFL: 100 (<i>minimal 20 per component</i>)</p>

<i>Supervisor information:</i>	<p>Professor dr. Sita Bierma-Zeinsträ, in cooperation with dr. Jos Runhaar, at the department of General Practice.</p> <p>Email address: s.bierma-zeinsträ@erasmusmc.nl</p> <p>http://www.erasmusmc.nl/huisartsgeneeskunde/research/</p> <p>Combined publication list (2010-present): see link</p>
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