

# Low-Dose Radiation for Osteoarthritis

*A Gentle, Non-Drug Option  
to Treat Painful Joints*



**Low-Dose Radiation Therapy (LDRT)** is a **safe, non-invasive** treatment that may help reduce pain and inflammation from osteoarthritis, especially when other options haven't worked or are not suitable.

## Which joints can be treated?

- Knees, hips, shoulders, hands, spine and feet

## Who may benefit?

Patients who:

- Cannot take anti-inflammatory medications
- Take blood thinners
- Have pain after physical therapy or injections
- Are not candidates for surgery
- Want to reduce reliance on pain medications

## What is treatment like?

- Six short visits, about 10 minutes each
- Painless and non-invasive
- No anesthesia or sedation
- Does not interfere with normal activities
- Many patients improve within 4-12 weeks

## Is it safe?

- Yes. Side effects are rare
- Used safely in Europe for decades

### How to Make an Appointment

Talk to your provider to see if LDRT is right for you. They can refer you to meet with a UCSD radiation specialist. Our program can be reached directly at the number below:



**858-822-6040**

**UC San Diego Health**