

PROFESSOR NIGEL ARDEN MBBS FRCP MSC MD

- Professor in Rheumatic Diseases
- Deputy Director: Centre for Sport, Exercise & Osteoarthritis Research Versus Arthritis
- Civilian Rheumatology Advisor to the Royal Navy
- Centre Partner Institution - University of Oxford



My research interests focus on the Epidemiology of Osteoarthritis and Osteoporosis. I am based in the Botnar Research Centre, at the University of Oxford with additional sessions at the MRC Lifecourse Epidemiology Unit at the University of Southampton. The programme has several major strands: (a) The intrauterine and genetic origins of Osteoarthritis, Osteoporosis and vitamin D metabolism; (b) The descriptive Epidemiology of Osteoarthritis and lower limb Arthroplasty and (c) Clinical trials in the management of common musculoskeletal conditions.

My research field started in the aetiology of diseases, particularly genetics, but I have now moved more into the field of treatments and prevention of disease at a population based level. I have work with a number of European and International Bodies who produce guidelines for management, but also looking at implementation policies.

Expanding research programmes are based around:

- The role of sport and exercise in osteoarthritis
- The role of bone in the pathogenesis of osteoarthritis
- The complex genetic and environmental influences on osteoarthritis and more importantly their interaction (in collaboration with UCSF and the University of Oxford)
- The epidemiology and survival of total joint replacements in osteoarthritis

www.ndorms.ox.ac.uk/team/nigel-arden