



## PROFESSOR NIGEL K ARDEN



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

My programme has had several major strands:

- (a) The descriptive Epidemiology of Osteoarthritis and lower limb Arthroplasty.
- (b) The epidemiology of sport, exercise and injury with OA across the full spectrum of exercisers.
- (c) Predictive modelling of osteoarthritis incidence and progression.
- (d) Defining early osteoarthritis and its outcomes.
- (e) Clinical trials in the management of common musculoskeletal conditions.
- (f) The production of treatment guidelines for the management of osteoarthritis.

I have worked with OARSI and the FDA, and have written a white paper, to formally classify OA as a serious disease, which has been accepted. The first drug has now been licensed through this fast track process.

The second iteration of the Sports Centre will continue its ground-breaking research into the long term outcomes, both physical and quality of life, of sport participation. We will produce a new Sport QoL tool.