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Doctor, why does my hand hurt? The nature, course and treatment of pain in hand osteoarthritis

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DOCTOR, WHY DOES MY HAND HURT?

The nature, course and treatment of pain in hand osteoarthritis

1. Pain in hand osteoarthritis is complex and may arise from nociceptive, nociplastic or neuropathic mechanisms, or a combination thereof (this thesis)
2. Pain in patients with hand osteoarthritis does not always increase over time, and even appears to be stable on the group level over 4 years (this thesis)
3. The current tools to measure pain require further refinement to fully capture the pain experience in patients with hand osteoarthritis (this thesis)
4. Surgical denervation requires further study before it can be recommended as treatment in hand osteoarthritis (this thesis)
5. Risk factors for rapid progression of structural abnormalities in hand osteoarthritis remain elusive, but patients with more damage, especially perimenopausal women, are most at risk (this thesis)
6. The biopsychosocial model is crucial in understanding pain in patients with hand osteoarthritis (this thesis)
7. Given its prevalence and consequences, hand osteoarthritis is still receiving less scientific attention than is warranted.
8. Replication studies are undervalued. As researchers, we aim for the major breakthroughs, but these are dependent on the small incremental steps that came before, including replication. It is the collective effort of these small steps that drives science.
9. With the increase in knowledge regarding pain types and their causes in hand osteoarthritis, patient stratification will become increasingly important in hand osteoarthritis treatment and research.
10. The current developments in Artificial Intelligence necessitate proper understanding of models and underlying data. As observed by Rudyard Kipling (1911), on machines: "But remember, please, the Law by which we live, We are not built to comprehend a lie, We can neither love nor pity nor forgive. If you make a slip in handling us you die!"
11. A good, usable and finished product is of more value than a perfect hypothetical one.
12. Errors and mistakes are essential to growth, and thus to greatness.
The only requisite is learning the lessons they offer us.