

ASK YOUR DOCTOR

Treating Osteoarthritis Knee Pain Without Surgery

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(NAPSA)—If you're among the millions of Americans suffering with knee pain from osteoarthritis (OA), finding relief may be your number one concern. Knee osteoarthritis is a leading cause of disability and can dramatically impact everyday life. OA can



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cause normal movements such as walking, bending and climbing steps to become painful and it may seriously limit a person's ability to function.

If you are living with knee pain from OA, you may assume that it warrants surgery. Indeed, knee replacement surgery may be needed in advanced cases, but it may not be your only option.

With all of today's medical advances, sorting through your treatment options can be overwhelming. It's important to consult your doctor for help; physicians specializing in orthopedics or rheumatology are especially knowledgeable about the latest treatments.

In cases of mild to moderate OA pain of the knee, doctors often prescribe over-the-counter pain

relievers. If your knee pain continues or worsens, your doctor may recommend prescription anti-inflammatory medications.

Corticosteroid injections are sometimes administered to reduce inflammation; however, they provide only short-term pain relief.

Another type of injection is hyaluronic acid (HA) therapy. HA therapies, like EUFLEXXA® (1 percent sodium hyaluronate), are used to lubricate the knee joint. They serve to replenish synovial fluid, which normally cushions the knee. Combining treatments like EUFLEXXA with weight loss and exercise can be especially effective in helping to relieve OA knee pain.

As for exercise, it is essential for building strength in the muscles around your knee and promoting knee joint health. It is important to find activities that do not put additional stress on your knee joint. You may need to avoid high-impact exercises such as jogging or tennis and substitute low-impact workouts such as swimming or yoga. Ice and supportive devices can provide some relief as well.

For additional information on osteoarthritis, talk to your doctor and visit www.euflexxa.com to learn more about this treatment.

Important Safety Information: Euflexxa® (1 percent sodium hyaluronate) is used to relieve knee pain due to osteoarthritis. It is used in people who do not get enough relief from simple pain medications such as acetaminophen or from exercise and physical therapy.

You should not receive this product if you have had any previous allergic reaction to Euflexxa® or hyaluronan products. You should not have an injection into the knee if you have a knee joint infection or if you have skin disease or infection around the injection site.

Euflexxa® is only for injection into the knee performed by a qualified doctor. After you receive this injection you may need to avoid activities such as jogging, tennis, heavy lifting or standing on your feet for a long time (more than one hour). The safety and effectiveness of repeat treatment cycles of Euflexxa® have not been established. The safety and effectiveness of Euflexxa® have not been shown in people under 18 years of age.

Side effects sometimes seen when EUFLEXXA® is injected into the knee joint are pain, swelling, skin irritation and tenderness but these are generally mild and do not last long. Visit www.euflexxa.com for full prescribing information.