

How You Can Manage Knee Osteoarthritis Pain

(NAPSA)—Do you or someone you know suffer from knee pain? Let's face it, we're all getting older and with that comes the associated aches and pains your parents warned you about. One of the most common diseases associated within joint pain in nearly 27 million Americans is osteoarthritis.¹

Most commonly found in the knee, osteoarthritis is caused by the wearing down of cartilage and loss of fluid cushioning in the knee joint. That wear and tear to the knee joint causes swelling, pain, stiffness and decreased range of motion. Many cases can be debilitating and make everyday living a challenge.

Knee osteoarthritis is prevalent in adults over the age of 45, and more likely found in women than men. It is also common in athletes and those who participate in extreme sports. Detection starts with a physical exam followed by x-rays to look for characteristics in the body such as narrowing joint space between the bones, cysts and uneven joints.

Hyaluronic acid, also known as hyaluronan, is a natural substance found in joint cartilage and in the synovial fluid that fills knee joints and acts like a lubricant and a cushion in the knee.² In knee osteoarthritis, the hyaluronic acid within the synovial fluid of the knee joint becomes diluted and breaks down, reducing its natural properties.²

Managing knee osteoarthritis pain is one treatment goal; however, the severity of that pain determines which type of treatment is best for each patient. Pain levels are categorized as mild, moderate and severe. Exercising and maintaining a healthy weight can help alleviate mild pain. Mod-



You may be able to ease your knee pain without surgery.

erate pain treatments include taking over-the-counter pain relievers or anti-inflammatory medicines. Severe osteoarthritis is detected on x-ray by bone touching bone and usually results in a total knee replacement.

However, some patients suffering from mild to moderate osteoarthritis knee pain have another non-invasive option for treatment. These patients may begin joint fluid therapy with hyaluronic acid products that are injected directly into the knee joint. These products are proven safe, effective and have been shown to relieve pain.

The latest product available to manage knee osteoarthritis pain is called GELSYN-3™. With GELSYN-3, patients receive a weekly injection in their knee over a period of three weeks. These injections contain a highly purified solution of hyaluronic acid to provide relief of knee pain and may also delay the need for total knee replacement surgery. A three-injection regimen of GELSYN-3 delivers long-lasting knee osteoarthritis pain relief for up to six months.³

If you suffer from knee osteoarthritis, ask your doctor about hyaluronic acid products like GELSYN-3 and learn more by visiting www.GELSYN3.com.

1 <http://www.cdc.gov/arthritis/basics/osteoarthritis.htm>

2 Balazs EA, Denlinger JL. Viscosupplementation: a new concept in the treatment of osteoarthritis. *J Rheumatol Suppl.* 1993;39:3 9.

3 Pavelka K, Uebelhart D. Efficacy evaluation of highly purified intra-articular hyaluronic acid (Sinovial) vs. hylan G-F20 (Synvisc®) in the treatment of symptomatic knee osteoarthritis. A double-blind, controlled, randomized, parallel-group non-inferiority study. *Osteoarthritis Cartilage.* 2011; 19:1294-1300. This article references Sinovial, the former brand name of GELSYN-3.

GELSYN-3 Summary of Indications for use:

GELSYN-3 is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacological therapy and simple analgesics (e.g., acetaminophen).

Do not administer to patients with known hypersensitivity (allergy) to sodium hyaluronate preparations. Do not inject GELSYN-3 into knees of patients having knee joint infections or skin diseases or infections in the area of the injection site. GELSYN-3 is not approved for pregnant or nursing women, or children. Risks can include knee pain, warmth and redness or pain at the injection site.

Full prescribing information can be found in product labeling at www.GELSYN3.com, or by calling customer service at 800-836-4080.

GELSYN-3 is a trademark of Bioventus.