

FITNESS MADE EASIER

TIPS FOR KNEE HEALTH

Staying Active After 40—On And Off The Green

(NAPSA)—Nancy Lopez is a Hall of Fame professional golfer. She has had osteoarthritis of the knee for several years.

Lopez found relief from arthritis pain in her knee by using an increasingly popular treatment called Synvisc® (hylan G-F 20). In this treatment, fluid is injected directly into the knee to help lubricate and cushion the joint, thereby reducing pain due to osteoarthritis. Based on her experience, Lopez offers tips to help stay in step with health and fitness—on or off the golf course.

Off The Golf Course

- **Talk with your doctor before starting any exercise program.** Talk about how you feel to assist your doctor in determining what diet and exercise regimen is right for you. Follow up and report your progress. If you experience knee pain, ask about treatment options.

- **Get at least 30 minutes of cardiovascular exercise 2-3 times per week.** Choose something you enjoy but remember low impact exercises, such as swimming, brisk walking, aerobics, and stationary cycling are easier on the knee joints. Start gradually and stay on course.

- **Train with weights.** This can build strength and help you keep fit and trim. It can also strengthen knee muscles and tendons, helping to protect the knee joint.

- **Stay limber.** Gentle stretching improves the flexibility of tendons and joints, increasing the ability to resist strain. Yoga or t'ai chi classes can be great places to learn stretching exercises.

If you have osteoarthritis of the knee, you may experience stiffness in the front or back of your leg.

Stretching your front leg muscles (quadriceps) and the back of your legs (hamstrings) can help reduce this stiffness.

- **Eat right.** The right amount of healthy foods can help keep



Golf star Nancy Lopez knows how to treat her knees.

your body fit. A balanced diet low in fat and sugar can help you stay trim, so your knee joints won't have to support too much weight. Foods rich in calcium can help strengthen bones.

On The Golf Course

- **Warm up** before you begin a round of golf or any exercise. Stretch your neck, hips, shoulders, arms and legs.

- **Walk the course** when you golf. Walking can protect knee joints by strengthening muscles around the joints.

- **Take frequent practice swings** before teeing off to keep your muscles and joints limber.

- **Wear comfortable shoes** to reduce the strain on knees and feet. Use insoles if necessary.

- **Don't overdo it.** Repetitive motion can cause the stress that leads to injuries.

For more information on the Synvisc® (hylan G-F 20) treatment that worked for Nancy Lopez, see your doctor; call 1-888-793-2486; or visit www.synvisc.com.

Synvisc was developed and is manufactured by Genzyme Biosurgery and is marketed and distributed by Wyeth-Ayerst Laboratories.

Note to Editor: Synvisc is used to relieve osteoarthritic knee pain in patients who do not get adequate relief from exercise, physical therapy, and simple painkillers, e.g., acetaminophen. Synvisc has similar lubrication and cushioning properties as the joint fluid of healthy, young 18- to 27-year-olds. One course of treatment with Synvisc—three doctor-administered injections over 15 days—can provide pain relief for months, as well as help restore mobility, in patients at all stages of the disease. The most pain relief and the greatest amount of treatment success occur 8 to 12 weeks after Synvisc treatment begins. Synvisc is generally well tolerated; however, it may not work for everyone. Individual results may vary. The most commonly reported side effects are temporary pain, swelling, and/or fluid accumulation in the injected knee (about 2 percent of injections). If fluid accumulation is large or painful, patients should call their doctor. Other side effects, such as rash, have been reported rarely. Patients should advise their doctor if they are allergic to chicken products or if their leg is swollen or infected. The results of repeat use have not been established.