

KNEE PAIN RELIEF THAT JUST CAN'T WAIT

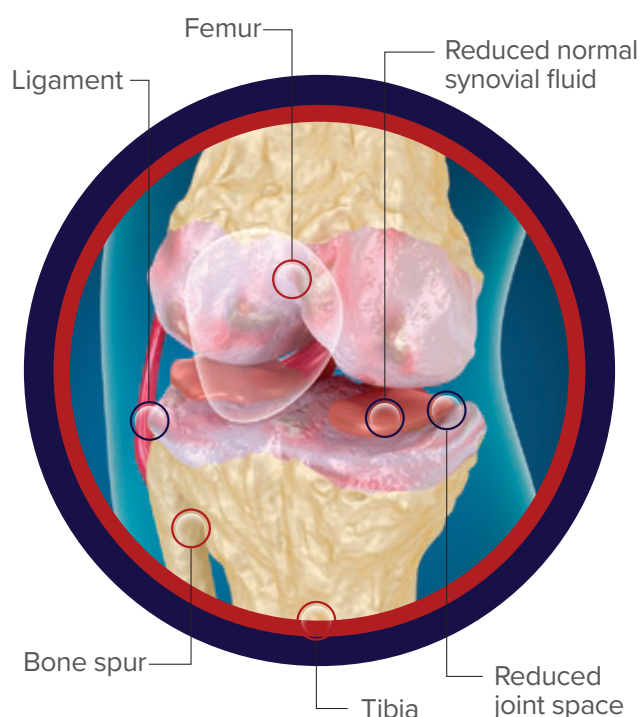


What leads to OA knee pain?

A healthy knee contains synovial fluid, a viscous liquid that is responsible for lubricating the joint and absorbing shocks. Synovial fluid also has anabolic anti-inflammatory and analgesic effects. Hyaluronic acid is a major component of normal synovial fluid and contributes to the fluid's viscoelastic properties.

Changes in the synovial fluid and degeneration of joint structures may lead to OA knee pain. Pain from OA of the knee may be worse during weight-bearing activities, particularly when climbing stairs or bending. For some people, pain may be present even at rest.

OA knee pain caused by changes in synovial fluid and joint structures.



Patients may experience different levels of knee pain

Osteoarthritis, once known as the “wear-and-tear” arthritis, has recently been redefined by the Osteoarthritis Research Society International (OARSI); it is now believed to be the result of the body’s failed attempt to repair damaged joint tissues.

Treatment options For OA knee pain

There are several things you can do to help reduce knee pain due to OA.

Lifestyle changes

- » Losing weight, if you are overweight, to alleviate some of the stress on your knees
- » Practicing low-impact exercises (e.g., walking, biking, swimming) to strengthen your muscles
- » Resting when you experience any pain or swelling in your knee
- » Applying heat or ice to reduce knee pain

Medications

Over-the-counter painkillers like acetaminophen can help reduce pain. Your doctor might also recommend ibuprofen, acetylsalicylic acid, or topical medications to soothe aching knee joints. If your condition escalates, non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin may be prescribed to relieve the pain and inflammation.

Viscosupplementation

Viscosupplementation, such as Cingal™, Monovisc® or Orthovisc®, is the injection of a clear gel-like substance containing hyaluronic acid into the knee. Hyaluronic acid is a naturally occurring substance found in the synovial fluid of the knee joint. The injection of hyaluronic acid into the joint is thought to lubricate the cartilage (much like oil lubricates an engine), thereby reducing pain. A single injection of Cingal™ and Monovisc® or three injections of Orthovisc® can help alleviate OA knee pain for up to 6 months. In addition, the corticosteroid found in Cingal™ can relieve pain rapidly.

Corticosteroid injections

Corticosteroid (or cortisone) injections, such as triamcinolone hexacetonide, which is present in Cingal™, may be used to relieve pain from OA of the knee by reducing swelling in the joint. Relief is often felt quickly following an injection and can last from a few days to a couple of months, depending on individuals. Most injections typically take 24–48 hours to take full effect.

Combination of viscosupplementation and corticosteroid injection

A corticosteroid and viscosupplementation combination treatment like Cingal™ is a single intra-articular injection that provides the quick pain relief of a corticosteroid with the long-term pain relief of a viscosupplement.

Surgery

Knee replacement surgery is a last-resort option for patients with OA pain that cannot be relieved by the above-mentioned options. The decision to perform surgery depends on many factors, including pain tolerance, disability, and the risks and benefits of surgery.

Can exercise help my OA knee pain?

Arthritis could be a perfect excuse not to exercise, but in reality, an exercise program developed and supervised by a professional who specializes in patients with OA knee pain could help decrease pain while improving your flexibility and fitness level.

For people with OA, three types of exercises are recommended:

- » Range-of-motion exercises (also known as flexibility exercises)
- » Endurance or aerobic exercises
- » Strengthening exercises

Each plays a role in maintaining flexibility and improving movement and function.

LOWIMPACT ACTIVITIES

Exercises such as biking, swimming and water aerobics are easy on your knees.

- » Exercising in water takes weight off your painful joints. Inquire about classes for people with arthritis at your local community and hospital wellness centres, gyms and pools.
- » Losing weight by being active also reduces pressure on your joints. Even a small amount can make a big difference.. 5 lb. of weight loss represents 20 lb. less wear and tear.

To safely participate in activities such as golf, which includes moves that may hurt your joints, speak to your doctor or physical therapist.

30 MINUTES OF EXERCISE A DAY IS AN IDEAL GOAL

- » Start slowly, about 10 minutes a day. If you are pain free, gradually increase frequency and intensity until you reach your goal.
- » It is normal to have mild muscle soreness. Speak to your doctor before using over-the-counter pain relievers such as acetaminophen, ibuprofen, or naproxen to ease muscle pain. Ice can also help. **Mention any joint pain to your doctor.**

It is recommended that you add simple exercises to your routine, specifically exercises that will help strengthen your quadriceps, hamstrings,



How can Cingal™ provide relief from OA knee pain?

Cingal™ is administered by your doctor as a single intra-articular injection.

- » Cingal™ is the first single-injection treatment that quickly relieves your OA knee pain while providing sustained pain reduction. It is used for patients who do not get adequate pain relief from simple pain relievers like acetaminophen or from exercise and physical therapy.
- » Cingal™ combines the benefits of a trusted anti-inflammatory with Monovisc® to relieve OA knee pain. The anti-inflammatory component offers fast pain relief generally beginning 24 hours after administration and the hyaluran in Monovisc® offers effective OA pain relief for up to 6 months. Cingal™ was generally well tolerated; no serious adverse events were reported.



Knee pain due to Osteoarthritis (OA) can impact your lifestyle and daily activities. This guide is intended to help answer your questions and determine, along with your doctor, whether you are a candidate for Cingal™, the first and only single injection treatment that quickly relieves your OA knee pain while providing sustained pain reduction.

CINGAL

Cingal™ is indicated for the treatment of pain in OA of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and to simple analgesics (e.g., acetaminophen). Cingal™ includes an ancillary steroid to provide additional short-term pain relief.

MONOVISC

Monovisc®, a viscosupplement, is administered by your doctor as a single intra-articular injection. Monovisc® is indicated in the treatment of pain in OA of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and to simple analgesics e.g., acetaminophen.

ORTHOVISC

Orthovisc® is another viscosupplement option. It is administered as three intra-articular injections over the course of three visits. Orthovisc® is indicated for the symptomatic treatment of OA of the knee.

ANSTEM
medical

ANSTEM MEDICAL

For more information on treatments for knee Osteoarthritis please contact:

+27 76 910 0240 | info@anstem.co.za

5 Regency Drive, Block D, Route 21
Corporate Park, Irene

www.anstem.com