

# Health NEWS YOU CAN USE

## Good News For People With Osteoarthritis Of The Knee

(NAPSA)—Carol Roslund's life was being interrupted by constant, severe pain in both of her knees. At 58, she began cutting back the activities she loved, tennis and gardening, and climbing steps was becoming more and more difficult. Carol was not happy giving up her active lifestyle, so when she learned from her doctor that she was suffering from osteoarthritis, she began learning more about her treatment options and their safety.

Arthritis is the number one cause of disability in America. The most common form, osteoarthritis, affects 21 million Americans and can result in debilitating pain, stiffness, loss of mobility and function.

"When I was diagnosed with osteoarthritis in both knees, I was worried I would not be able to continue an active lifestyle again," said Carol Roslund. "I immediately started going over possible treatment options with my doctor so I could find the best way to treat it."

Osteoarthritis can occur in any joint, but is commonly found in the knees, the body's chief weight-bearing joints. Evidence suggests that wear and tear on joints, lifestyle differences and genetics can be factors that cause the condition. While it's usually not hard for a doctor to tell if a patient has osteoarthritis, there is no one test that can diagnose the condition.

Most healthcare providers use a combination of clinical history, physical examination and X-rays to diagnose osteoarthritis. In addition, a doctor may order blood tests to rule out other causes of symptoms. Generally, treatment of osteoarthritis of the knee may include weight loss, exercise, rest and joint care, surgery and pain medication.

"With several pain medications taken off the market recently, many physicians and their patients are looking for treatment options with minimal side effects,"



**A new treatment for osteoarthritis can give you six months of relief at a time.**

said Max Hamburger, M.D., chief of rheumatology at St. Catherine of Siena Medical Center, Smithtown, New York and President of the New York State Rheumatology Society.

There's no cure for osteoarthritis, but there are ways to live comfortably with this condition. For patients like Carol, with osteoarthritis of the knee, one treatment that has proven effective involves hyaluronan, a natural chemical concentrated in joint tissues and in the fluid that normally lubricates these joints.

This therapy, prescription Hyalgan® (hyaluronan), is one of the treatment options for patients with pain due to osteoarthritis of the knee who have not responded to nonpharmacologic therapy such as weight reduction or strength training, simple analgesics like topical capsaicin or methyl salicylate creams or pain relievers like acetaminophen.

"Treatment with Hyalgan has enabled me to resume an active lifestyle without the pain I used to have in my knees," says Carol Roslund. "I am back to playing tennis three or four times a week, am going to exercise classes regularly and can kneel in my garden to do my spring planting."

Individual patient results may vary. For full prescribing information, go to [www.hyalgan.com](http://www.hyalgan.com).

**Note to Editors:** Important Product Information: HYALGAN is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy. You should not take this product if you have had any previous allergic reaction to HYALGAN or other medications containing hyaluronan. You should not have an injection into the knee if you have an infection or skin disease in the area of the injection site. HYALGAN has been used in a number of countries in Europe, South America, and Asia since 1987. During this time, two cases of serious, allergic-type events were reported right after the patients received the injection. The most common side effects of HYALGAN therapy are injections-site pain, swelling, heat and/or redness, rash, itching, or bruising around the joint. Any such effects are generally mild and usually do not last long.