

TACKLE KNEE PAIN



Osteoarthritis knee pain: treatment and relief

A guide for patients



MONOVISC[®]

Your partner in OA pain treatment

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 Monovisc[®], the next generation treatment that can help manage pain resulting from osteoarthritis of the knee.

Over 40% of patients with OA of the knee experience pain*

*Among patients with radiographic OA of the knee.



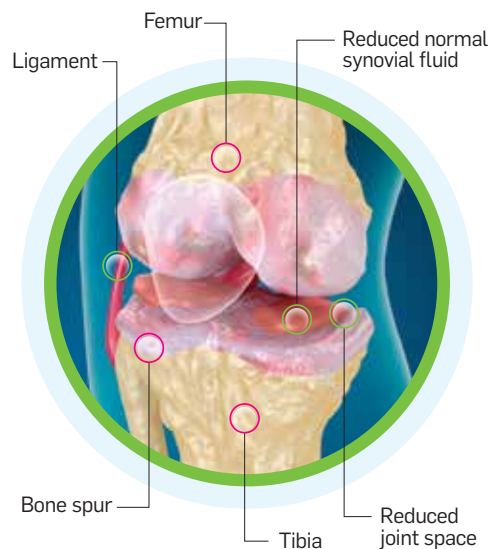
What leads to OA knee pain?

A healthy knee contains synovial fluid, a viscous liquid that is responsible for lubricating the joint and absorbing shocks. Synovial fluid also has 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

How can Monovisc® provide relief from OA knee pain?

- Monovisc®, the next generation gel-like substance manufactured from ultra-pure hyaluronic acid and obtained entirely from a non-avian source, supplements the hyaluronic acid naturally found in the synovial fluid of a healthy knee.
- Monovisc® is indicated in the treatment of pain in OA of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and to simple analgesics (e.g. acetaminophen).
- In clinical trials, patients who were treated with Monovisc® reported a reduction in pain. Monovisc® was generally well tolerated; no serious adverse events were reported.
- Monovisc® is administered by your doctor as a single intra-articular injection, a treatment called viscosupplementation. Viscosupplements are thought to relieve OA knee pain by restoring the viscoelastic properties of the hyaluronic acid found in the knee.

What type of doctor usually treats patients with Monovisc®?

- **Orthopedist:** a physician specializing in the skeletal system and its associated joints and ligaments.
- **Sports medicine specialist:** a physician who specializes in injuries from athletic activities.
- **Rheumatologist:** a physician specializing in rheumatic disorders.



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 osteoarthritis of the knee.

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 or topical medications to soothe aching knee joints. If your condition escalates, non-steroidal anti-inflammatory drugs (NSAIDs) may be prescribed to relieve the pain and inflammation.

Viscosupplementation

Viscosupplementation is the injection of a clear gel-like substance containing hyaluronic acid, such as Monovisc® (single injection) or Orthovisc® (three injections over three visits), 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.

Corticosteroid injections

Corticosteroid (or cortisone) injections 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 the individual. Most injections typically take 24–48 hours to obtain full effect.

Surgery

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

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Knee pain checklist

Please fill out this checklist and discuss it with your health care professional.

I usually experience knee pain:

- Never
- Monthly
- Weekly
- Daily
- Always

During the last week, how much pain did I experience during the following activities?

Straightening knee fully

- None
- Mild
- Moderate
- Severe
- Extreme

Sitting or lying

- None
- Mild
- Moderate
- Severe
- Extreme

Bending knee fully

- None
- Mild
- Moderate
- Severe
- Extreme

Walking on even surfaces

- None
- Mild
- Moderate
- Severe
- Extreme

Going up or down stairs

- None
- Mild
- Moderate
- Severe
- Extreme

I have already tried some treatments to help with my knee pain.

- Yes
- No

I'd like to discuss these points with my doctor:

Information for Medical Professionals

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

Orthovisc® is indicated for the symptomatic treatment of osteoarthritis of the knee.

Important:

For more information relating to contraindications, precautions, adverse reactions, dosing and directions for use, please contact our Medical Information Department by phone at 1-888-550-6060 or by email at medinfo@pendopharm.com.



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For more information on pain associated with osteoarthritis of the knee, please talk to your doctor.

Monovisc® and Orthovisc® may not be suitable for everyone. Talk to your doctor if you have questions regarding these products.

This information is provided by Pendopharm, Division of Pharmascience Inc.

To obtain further information on Monovisc® and Orthovisc®, please contact the Medical Information Department at 1-888-550-6060 or send an email to medinfo@pendopharm.com.

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