

How to talk to your doctor about knee pain related to osteoarthritis (OA)

When knee pain limits your ability to do things you want to do, you should talk with your doctor about treatment options. The questions below help guide a discussion with your doctor to determine if you may be suffering from OA. If you have already tried some treatment options to relieve your knee pain, ask whether ask if hyaluronic acid therapy may be right for you.

Please place a check mark in the boxes to indicate your answers to the questions below:

1. How long have you been experiencing knee pain?

- ☐ Less than 3 months
☐ 3 to 6 months
☐ 6 month to 1 year
☐ More the 1 year
☐ More than 3 years

2. Have you recently injured your knee?

- ☐ Yes ☐ No

3. How would you rate your knee pain on a scale of 1 (no pain) to 10 (unbearable pain) when resting?

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

4. How would you rate your knee pain on a scale of 1 (no pain) to 10 (unbearable pain) with activity?

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

5. What daily activities are more difficult due to your knee pain? Check all that apply.

- ☐ My knee pain does not affect my daily activities
☐ Walking on level surfaces more than 100 yards
☐ Going up and down stairs
☐ Rising from a chair or getting out of a car
☐ Standing after long periods of sitting
☐ Sleeping through the night
☐ Other _____

6. What treatments have you tried to help with your knee pain? Check all that apply.

- ☐ Exercise or physical therapy
☐ Over-the-counter pain medication (NSAIDS, acetaminophen, etc.)
☐ Prescription pain medication (oral or topical)
☐ Used a knee brace
☐ Steroid injections
☐ Other injections
☐ Surgery
☐ Other _____

7. Has your knee ever swelled up or become enlarged? If yes, how often?

- ☐ No ☐ Yes _____

8. Have you been diagnosis with osteoarthritis (OA) of the knee by a doctor or other healthcare professional?

- ☐ No ☐ Yes ☐ Not Sure

9. What are your goals and expectations from treatment? _____

In healthy joints, cartilage (a flexible connective tissue) and synovial fluid (a thick, gel-like liquid) provide the cushioning and lubrication your bones need to glide over each other properly.^{1,2} This helps reduce friction, absorb the shock of movement, and protect bones from constant impact.^{1,2} It's nature's way of keeping your joints in great shape.

With osteoarthritis, cartilage begins to break down and the amount of hyaluronic acid (HA) within the synovial fluid decreases, causing it to become less protective.^{1,2} HA is a natural substance in joint tissue and fluid that acts as a lubricant and shock absorber. The loss of HA contributes to pain, inflammation, swelling, and problems with moving your joint.²

The goals of treating OA are to manage pain, improve function,³ slow disease progression, and delay total knee replacement (TKR) surgery for as long as possible. This is where products like DUROLANE, GELSYN-3 or SUPARTZ FX may help. Talk with your provider to see if one of these products is right for you.

References:

1. American Academy of Orthopaedic Surgeons. Arthritis of the knee. <http://orthoinfo.aaos.org/topic.cfm?topic=a00212>. Last updated June 2014. 2. Arthritis Foundation. Hyaluronic acid injections for osteoarthritis. www.arthritis.org/living-with-arthritis/treatments/medication/drug-types/other/hyaluronic-acid-injections.php#.Vy9BRGqEjxk.email. Accessed May 8, 2016. 3. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Handout on health: osteoarthritis. www.niams.nih.gov/health_info/osteoarthritis/. Posted May 2016.

Summary of Indications for Use for DUROLANE: 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 or simple analgesics, e.g. acetaminophen.

Do not inject DUROLANE in patients with knee joint infections, skin diseases, or other infections in the area of the injection site. Do not administer to patients with known hypersensitivity or allergy to sodium hyaluronate preparations. Risks can include transient pain or swelling at the injection site.

DUROLANE has not been tested in pregnant or lactating women, or children. Full prescribing information can be found in product labeling, at www.DUROLANE.com, or by contacting Bioventus Customer Service at 800-836-4080.

Summary of Indications for Use for 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-pharmacologic 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 the 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 general 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 contacting Customer Service at 800-836-4080.

Summary of Indications for Use for SUPARTZ FX: is indicated for treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen. You should not use SUPARTZ FX if you have infections or skin diseases at the injection site or allergies to poultry products. SUPARTZ FX is not approved for pregnant or nursing women, or children. Risks can include general knee pain, warmth and redness or pain at the injection site.

Full prescribing information can be found at www.SupartzFX.com or by contacting Customer Service at 800-836-4080.

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