

 smith&nephew

**DUROLANE®**

Hyaluronic Acid, Stabilised  
Single Injection

## One flexible advantage

A convenient  
solution for  
osteoarthritis  
pain relief



# Living with osteoarthritis

## **DUROLANE® Hyaluronic acid delivers one flexible solution**

You know how hard it is to live with osteoarthritis (OA). Any amount of weight on the knee or hip can cause pain. The good news is that a treatment called DUROLANE® can help. When medication fails to stop the pain, many doctors recommend a non-surgical treatment. Most of these treatments require multiple injections into the knee or hip joint over a series of weeks. But DUROLANE® requires only one convenient injection for up to 6 months of pain relief.





## You're not alone

OA of the knee and hip is very common, especially in people over the age of 50. (You might be surprised to learn that knee problems are more common in the elderly than high blood pressure and diabetes.) OA usually develops slowly, over a period of years. Other causes of OA include being overweight and work or sports-related injuries.

# Cushion the blow

Much like a car on a bumpy road, your bones and joints are jolted every time you move. Even simple acts like walking put stress on your knees and hips. A car uses shock absorbers to smooth the ride - likewise, your body uses something called synovial fluid to cushion bones and joints.

Doctors have found that the synovial fluid in patients with OA is weakened. This discovery has led to a whole new approach in treating OA - a method that doesn't require surgery. It's called viscosupplementation.





## A new approach to treatment

Viscosupplementation replaces the lubricating and shock-absorbing properties of synovial fluid. It helps bring back some of the life you remember - pain free and flexible.

How does it work? The idea is simple: the important ingredient of synovial fluid is hyaluronic acid (HA). In viscosupplementation, HA is injected into the knee or hip joint restoring the synovial fluid to its former strength. Both American and European guidelines\* recommend HA viscosupplementation in their treatment guidelines for OA.

\* American College of Rheumatology; European League Against Rheumatism

# DUROLANE<sup>®</sup>

## timesaving, flexible advantage

- An advanced HA gel for the treatment of OA
- The only HA-based treatment using patented Non-Animal Stabilized Hyaluronic Acid, or NASHA<sup>™</sup>
- Highly purified and made from non-animal sources.
- Most HA treatments used today are based on animal substances such as chicken combs.

### One convenient solution...

- The convenience of one injection for pain relief
- Other viscosupplements require multiple injections over a series of weeks

With timesaving DUROLANE<sup>®</sup>, you avoid the hassle of returning to your doctor's office three or four times to complete treatment - giving you more time to enjoy your renewed life.

### ...for long-lasting, safe relief

- Up to 6 months of pain relief with a single injection
- Lowered risk of injection-related infections
- Minimized risk for allergic reactions due to the pure, non-animal hyaluronic acid substance used in NASHA<sup>™</sup>





## DUROLANE® is safe

NASHA™ - based products like DUROLANE® have been used safely around the world for more than a decade. The few brief side effects reported in clinical studies are described as minor pain, swelling, and/or stiffness localized in the joint. These reactions are quite common with all joint injections. If unusual pain and/or swelling persists longer than a week or so, contact your doctor.

# The convenient advantage

DUROLANE® is the only HA-based treatment that provides you long-lasting relief with a single injection. One course of treatment with DUROLANE® can restore the knee and hip joint's flexibility and function as well as provide pain relief for up to 6 months. Other treatments require multiple injections over a series of weeks for similar results.

With OA, you already have a hard enough time getting around - the convenience of a single injection at one office visit can truly make a timesaving difference in restoring your quality of life.





## The proven advantage

In clinical studies, patients observed significant reductions in pain after treatment with DUROLANE®. That could mean less pain medication - your stomach and your budget will agree this is a real advantage.

In the same studies, there was also a significant reduction in tenderness and the majority of patients were satisfied with DUROLANE® treatment.

# Talk to your doctor

Is treatment with DUROLANE® right for your OA of the hip or knee? Only your doctor can diagnose OA and decide which treatment is best in your case. Ask your doctor about the options available, and the side effects of each option. Treatment of OA ranges from exercise programs to medical treatments to surgery. If you suffer from mild to moderate OA of the hip or knee, the convenient, timesaving option of DUROLANE® might be the flexible advantage you need.

In the meantime, here are some simple steps you can take to lessen the pain of OA:

- Avoid heavy lifting
- Use shock-absorbing insoles in your shoes, or wear shoes with good shock-absorbing properties
- Walking on grass is easier on your knees and hips than asphalt
- If you are overweight, any reduction in weight could mean a reduction in pain and a reduced risk of aggravated OA





## DUROLANE® One flexible advantage

The pain and frustration of OA can be overwhelming and make you wonder if you'll be like this forever. You want to be mobile, you want to be pain free... you want a return to some of the life you remember.

Advanced, convenient DUROLANE® offers:

- The only treatment for OA given as a single injection
- Up to 6 months of pain relief
- The only treatment composed of pure, safe NASHA™
- The expertise of Q-Med, a Swedish biotechnology company with many years of experience in HA-based treatments

Enquiries to:  
Smith & Nephew Orthopaedics Ltd  
1 Kingmaker Court, Warwick Technology Park,  
Gallows Hill, Warwick, CV34 6WG

Phone: 0845 056 8333, Fax: 01926 482 489  
Group website: [www.smith-nephew.com](http://www.smith-nephew.com)  
Email: [uk.orthosales@smith-nephew.com](mailto:uk.orthosales@smith-nephew.com)

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