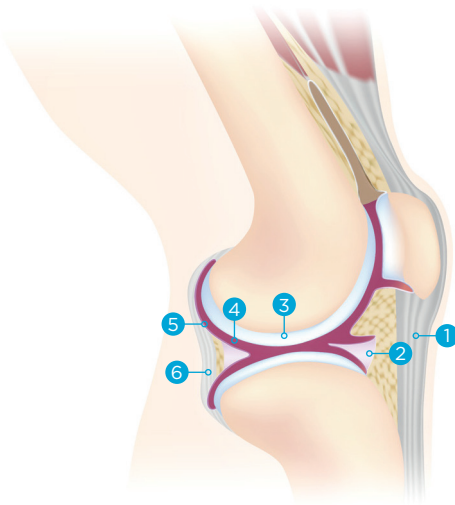




## HOW CAN SUPLASYN<sup>®</sup> HELP YOU?

Your doctor is giving you this document to help you to understand your treatment with Suplasyn<sup>®</sup>

# WHAT IS A JOINT?



1. Ligament 2. Meniscus 3. Cartilage 4. Synovial fluid 5. Synovial membrane 6. Articular capsule

A joint is formed by the ends of two or more bones, normally covered with a thin, smooth layer of **cartilage**, which plays a protective role and **allows smooth movement**. Some parts of the joint are surrounded by a capsule called synovium. The inner layer or synovial membrane secretes a fluid which prevents friction inside the joint and is called synovial fluid.

Bones are connected to one another by ligaments, composed mainly of collagen fibers, which have a certain level of elasticity. The main role of ligaments is to provide joint stability. **Joints are designed to allow smooth movements in various directions** (depending on the type of joint) and also to **provide mechanical support to the body**.

# WHAT ARE THE SYMPTOMS OF OSTEOARTHRITIS?

Osteoarthritis usually develops slowly, and gradually worsens over time.

Symptoms, which may develop in one or several joints, range from mild to very severe and may include:



**Pain** during movement and even at rest.

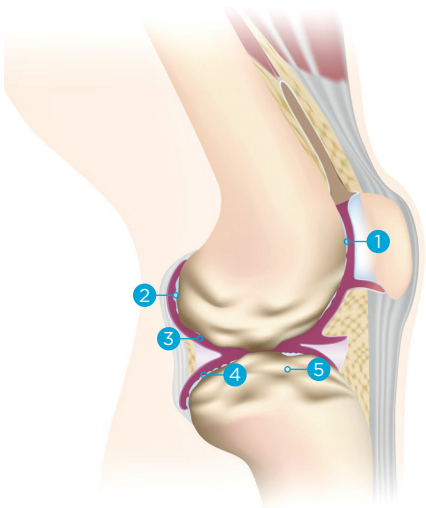


**Cracking** or grinding noise with joint movement.



**Stiffness** after periods of rest.

# WHAT IS OSTEOARTHRITIS?



**Osteoarthritis (OA)** is one of the most common chronic diseases and a leading cause of disability in patients over 55. It is part of a group of conditions called arthritis.

There are many forms of arthritis, the most common being OA. Osteoarthritis may be **caused by previous joint injuries or surgery**. It may affect weight bearing joints such as hip or knee, but also the shoulder or smaller joints in the hands and toes.

As life expectancy is increasing the number of people living for prolonged periods with severe OA is expected to grow.

(1)

1. Eroded cartilage 2. Cartilage breaking down 3. Joint fluid with low concentration of hyaluronan 4. Bone and cartilage fragments 5. Osteophytes

In osteoarthritis, **the cartilage** covering the parts of the bones forming a joint tends to **wear away**, resulting over time in bones rubbing against each other, **causing inflammation, pain and stiffness**.

**In osteoarthritis, hyaluronic acid in the synovial fluid is reduced**, causing a loss of shock absorbing and lubricating properties inside the joint. This results in joint pain, stiffness and possibly an onset or worsening of osteoarthritis.



Joint **swelling**.



**Loss of range** of movement.



**Loss of** coordination.



**Weakened posture** due to pain and stiffness.

## WHAT IS SUPLASYN®?

- Suplasyn® is composed of sterile sodium hyaluronate solution 10 mg/ml.
- Suplasyn® and Suplasyn® 1-Shot are indicated in the symptomatic treatment of osteoarthritis. Suplasyn® m.d. is indicated as a viscoelastic supplement for small synovial joints.<sup>2</sup>
- Suplasyn® is administered intra-articularly into the synovial space of affected joint (e.g. knee, hip, toe, shoulder, hand).

## HOW DOES SUPLASYN® WORK?

In osteoarthritis, hyaluronic acid present in the liquid inside healthy joints (synovial fluid) is reduced, and this loss changes the viscosity and elasticity properties of the fluid that affects its naturally cushioning and lubricating properties. All these result in joint pain, stiffness and possibly more susceptibility to tissue damage.<sup>3,4,5</sup>

The introduction of Suplasyn® into the synovial space will assist in the normalization of the joint following arthrocentesis.

Suplasyn® has been shown to be beneficial in osteoarthritis for the management of pain and improvement in physical function of joints.<sup>3,4</sup>

## HOW IS SUPLASYN® ADMINISTERED?

Your doctor will administer Suplasyn® intra-articularly into the synovial space of your affected joint. Each administration of Suplasyn® takes only a few minutes and can be administered by a physician.

Routinely once inside the medical consult, you will be asked to sit or lie in a comfortable position. Your doctor will likely apply a numbing agent before your Suplasyn®. You may feel some discomfort during the injection, but this normally disappears quickly.

# WHAT

## SHOULD I DO AFTER I RECEIVE SUPLASYN® INJECTION?

### A FEW RECOMMENDATIONS FOLLOWING THE INJECTION OF SUPLASYN®<sup>2</sup>



**Rest** for **24-48 hours** after the injection.



Try to **avoid any strenuous activity** over the full course of the treatment.



Apply ice locally and rest affected joint if a **mild local reaction** occurs such as pain, heat, redness and swelling. Usually, these symptoms **disappear quickly** (within a few days) and without any consequence.

**Discontinue use if adverse reactions are experienced. Consult your doctor.**

# TIPS TO HAVE A HEALTHY LIFE & MANAGE OSTEOARTHRITIS

OSTEOARTHRITIS CAN BE AFFECTED BY OUR LIFESTYLE. BELOW YOU WILL FIND SOME TIPS TO HAVE A HEALTHY LIFE AND MANAGE THIS CONDITION.



## EAT A BALANCED DIET

Maintaining a healthy weight relieves strain on painful joints. Therefore, it is advisable to eat food containing all nutrients that may help ease your arthritis symptoms, such as fruits and vegetables, fish, whole grains, low-fat dairy, lean meat, nuts and olive oil. If you need to lose weight, make small changes each day that help you eat smaller portions and burn more calories. And always seek the help of an expert.<sup>6</sup>



## KEEP PAIN UNDER CONTROL

The use of analgesics, gels and creams, local infiltrations, and other medicines indicated for the treatment of osteoarthritis may prevent disease progression. However you should always talk to your doctor, they know what is best for you. Never treat yourself. If you decide to use alternative therapies such as acupuncture, osteopathy or herbal therapies, you should ask your doctor first.<sup>6,7</sup>



## KEEP GOOD POSTURE HABITS

Sleep on a flat bed. Avoid sitting in sunken armchairs or couches, and use straight-backed chairs, where your hips and knees maintain a natural position and your feet are in contact with the ground.<sup>6,7</sup>



## USE APPROPRIATE SHOES

If you have lumbar, hip or knee osteoarthritis, you should use thick soled shoes to absorb the impact of each footfall. This can also be achieved with insoles or silicone heel cushions placed in the shoe. Do not wear high heel shoes.<sup>7</sup>



## STAY ACTIVE COMBINE EXERCISE AND REST

Exercise protects the joints and increases muscle strength. Walking, cycling and swimming are the most advisable exercises to practice. Avoid contact sports or those with high physical overload. It is also a good habit to take short rest periods while performing activities of daily living.<sup>7</sup>



## PREVENTING JOINTS OVERLOAD

Do not carry heavy things, try not to walk on uneven ground and avoid standing for long periods of time without resting to prevent your joints from overloading. Use a cart to carry purchases. If you have knee or hip osteoarthritis, the use of a walking stick decreases the overload on these joints.<sup>6,7</sup>



## PHYSIOTHERAPY SESSION

When suffering from osteoarthritis, a physiotherapy session can be helpful. The physiotherapy's objective is to facilitate development and recovering of functionality and mobility, therefore, the physiotherapist will use different techniques, such as heat, cold, light, water or massage to try to preserve the stability of the joint. They will also use the above techniques to help the cartilage regeneration and to increase the suppleness of the joints affected by osteoarthritis.



## STAY POSITIVE

You can have a completely normal life with little limitations despite your osteoarthritis. The disease itself does not affect your daily life. Therefore, keep a good attitude, enjoy life, and spend time with family and friends. If, despite painful osteoarthritis, you keep a good-health attitude you are more likely to increase your level of physical activity. Focus on your strengths —not your weaknesses—, break down activities into small tasks that are easy to manage, and develop a support system of family, friends, and health care providers.<sup>8</sup>



# SUPLASYN<sup>®</sup>

## NEXT SESSIONS



1. M. Lotz. Osteoarthritis year 2011 in review: biology. *Osteoarthritis and Cartilage* 20 (2012) 192e196. 2. Suplasyn<sup>®</sup> instructions for use. 3. Blanch Rubio J *et al.* Springer Experience & Drug Evidence. 2012. 4. Gydek A, *et al.* *Przeegl Lek.* 2011;68(6):307-10. 5. Petrella RJ *et al.* *J Rheumatol.* 2006 May;33(5):951-6. 6. American College of Rheumatology. Osteoarthritis Fast Facts [Internet]. *rheumatology.org*. 2015 [Accessed 2016 Apr 1]. Available from: <http://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Osteoarthritis>. 7. Spanish Society of Rheumatology. Ten tips for patients with osteoarthritis [internet]. *ser.es* [Accessed 2016 Apr 1]. Available from: <http://www.ser.es/pacientes/informacion/decalogos/diez-consejos-para-los-pacientes-con-artrosis/>. 8. National Institute of Arthritis and Musculoskeletal and Skin Diseases, del NIH ([http://www.niams.nih.gov/health\\_info/Osteoarthritis/osteoarthritis\\_ff.asp](http://www.niams.nih.gov/health_info/Osteoarthritis/osteoarthritis_ff.asp)).



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