



PAIN FROM
KNEE
OSTEOARTHRITIS
CAN BE FELT FAR BEYOND THE JOINT

Osteoarthritis knee pain impacts personal, professional, and financial aspects of your life.

ABOUT OSTEOARTHRITIS

Osteoarthritis of the knee is a chronic and progressive disease that leads to the breakdown of joint cartilage and underlying bone, and synovial changes. It develops as a result of the body's failed attempt to repair damaged joint tissues.^{1,2}

Joint pain, aching, stiffness, and reduced range of movement are all common symptoms. Though they can come and go, the intensity of the pain increases over time.¹

OSTEOARTHRITIS IS THE MOST COMMON TYPE OF ARTHRITIS, AFFECTING NEARLY 5 MILLION CANADIANS. THIS NUMBER IS INCREASING: AN ESTIMATED 1 IN 4 CANADIANS WILL HAVE OSTEOARTHRITIS BY 2035.¹

Osteoarthritis
knee pain
is not just
physical

Sleep disruption and accompanying fatigue can amplify the symptoms. **Depression and anxiety** are also more common in people living with chronic pain.¹

Financially, Statistics Canada predicts that the rising rates of osteoarthritis are expected to **cost the Canadian economy \$17.5 billion a year in lost productivity by 2031.**³

- 13% increase in the **working age population with osteoarthritis**
- 46% rise in the **cost of lost productivity**

THE HIDDEN COSTS OF OSTEOARTHRITIS

Absenteeism and lost productivity

It has been shown that osteoarthritis forces a greater number of people to stop working or work less, leading to reduced productivity and need for worker replacement.



The search for relief can be costly

Knee osteoarthritis sufferers are **spending an average of \$448 CAD** per year on treatments such as natural health products, over-the-counter analgesics, prescription nonsteroidal anti-inflammatory drugs (NSAIDs), and service solutions such as physiotherapists and massage therapy to manage pain and/or improve mobility.⁴

Quantifying these costs can help gauge the potential benefits of individual treatments aimed at alleviating the symptoms of this chronic condition.

FINDING SOLUTIONS TO RELIEVE OSTEOARTHRITIS KNEE PAIN MUST BE A PRIORITY, NOT JUST FOR THE OBVIOUS ECONOMIC REASONS, BUT THE EQUALLY COMPELLING PERSONAL REASONS.

VISCOSUPPLEMENTATION —A CLINICALLY PROVEN, COST-EFFECTIVE TREATMENT OPTION FOR RELIEF FROM OSTEOARTHRITIS KNEE PAIN.⁵



Osteoarthritis has no cure, but there are ways to manage the symptoms and improve function.¹

Viscosupplementation is a procedure in which a thick fluid called hyaluronate is injected into the knee joint. Injected hyaluronate can improve the lubricating properties of the synovial fluid, reduce the pain, improve mobility, and provide a higher and more comfortable level of activity. Furthermore, the benefits of viscosupplementation have been reported to last more than 6 months.⁶

References:

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2. Cianflocco AJ. Viscosupplementation in patients with osteoarthritis of the knee. *Postgraduate Medicine*. 2013;125(1):97–105.
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