

What is osteoarthritis?

Osteoarthritis (OA) is the most common type of arthritis and one of the most common causes of knee pain. In the U.S. alone, more than 10 million people are estimated to have OA in one or both knees.

In a knee with OA, the fluid that cushions and lubricates the joint (called synovial fluid) can break down and lose its ability to cushion your knee. The cartilage protecting the ends of bones can also deteriorate, in some cases causing bone to rub against bone. OA is usually associated with pain, stiffness and a more limited range of movement.

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Doctors generally use two different sets of terminology to talk about the severity of OA. Your doctor may describe your OA as Grade 1 to 4, or may characterize it as mild, moderate or severe.

Mild – The surface of the cartilage in your knee joint begins to wear down. Symptoms are generally mild, and may include occasional pain and brief morning stiffness.

Moderate – Joint cartilage continues to wear away and joint fluid may lose its ability to lubricate and cushion the knee. Bony growths, or spurs, may also form on the edges of the bones. Moving may become more painful.

Severe – Cartilage may totally wear away, causing bones to rub against each other. Pain may be more constant or more severe; your ability to perform day-to-day activities can diminish.

Keep in mind that your stage of OA and pain level aren't always connected. For example, you could have only mild OA yet have considerable pain, so it's important to make sure your doctor understands how much pain you feel and when it typically occurs.

Symptoms of osteoarthritis

OA of the knee usually develops slowly, and gradually worsens over time. Symptoms, which may develop in one or both knees, may include:

- Pain during movement and even at rest
- A grating sensation in the joint during movement
- Stiffness after periods of rest
- Joint swelling
- Loss of range of movement

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Your treatment options

There isn't a cure for OA of the knee, but there are several treatments that can help reduce your pain. Your doctor may recommend one or more, depending on the severity of your condition.

Whether your OA is mild or severe, your doctor will likely recommend certain lifestyle changes. These may include exercise, weight control and modifying your activity to reduce stress on your joints. These changes, both on their own and in combination with other treatments, are an important part of managing your OA knee pain.

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Your doctor may also recommend:

- **Medications** – Over-the-counter (OTC) pills such as acetaminophen, like Tylenol®, or NSAIDs (nonsteroidal anti-inflammatory drugs), like Aleve® and Motrin®, may be taken for OA knee pain. Prescription NSAIDs and COX-2 inhibitors, like Celebrex®, may also be effective. However, there may be side effects from prolonged use of OTC or prescription medications, including stomach problems and increased risk of heart attack, stroke or kidney problems.
- **Viscosupplements** – Knee injections that supplement your knee fluid and relieve pain are called viscosupplements. Previously 3–5 injections were required. Now Synvisc-One™ can provide up to six months of pain relief with just one injection.
- **Steroid injections** – These injections are used to temporarily relieve pain and reduce inflammation. Typically doctors limit the number of steroid injections due to the potential risk of cartilage damage with frequent, long-term use.
- **Surgery** – This option is often considered when knee pain is severe and other treatments have not provided relief.

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What is Synvisc-One™?

Knee with OA



Knee with OA after Synvisc-One



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Synvisc-One treats your osteoarthritis (OA) knee pain right at the source. Made from a natural substance that lubricates and cushions your joint, it can provide up to six months of knee pain relief with just one injection.

How does Synvisc-One work?

In knees with osteoarthritis, the joint fluid (called synovial fluid) can break down and not provide the cushioning your knee needs. Synvisc-One supplements your knee fluid to relieve the pain and improve the knee joint's natural shock absorbing abilities.

How is Synvisc-One given?

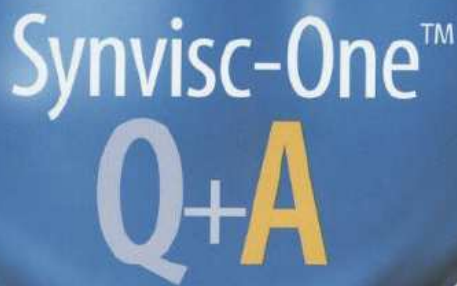
Synvisc-One is a single injection. It's a simple, in-office procedure that only takes a few minutes. After the injection, you can resume normal day-to-day activities but your doctor may recommend you avoid any strenuous exercise for about 48 hours.

What are the side effects?

The side effects most commonly seen in a medical study were knee pain, stiffness and swelling or fluid buildup in or around the knee. Other side effects, such as rash, may also occur. Side effects were generally mild to moderate and did not last long. Synvisc-One does not have the serious side effects associated with many pain pills.

Please see Patient Information at back of brochure and Important Safety Information on back cover.

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The logo features the text "Synvisc-One™" in white on a blue circular background. Below it, "Q+A" is written in large, bold letters, with the "Q" in white and the "A" in yellow.

Synvisc-One™

Q+A

Q: When should I consider Synvisc-One?

A: If you've tried diet, exercise and over-the-counter pain medication and still have knee pain, you may be a candidate for Synvisc-One.

Q: When will I start to feel pain relief?

A: Everyone responds differently, but in a medical study patients experienced pain relief starting one month after the injection of Synvisc-One.

Q: How is Synvisc-One different from SYNVISC®?

A: Synvisc-One is the same formulation as SYNVISC. The only difference is that Synvisc-One is provided with one injection, compared to three injections required for SYNVISC. Both treatments can provide up to six months of pain relief.

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Q: Can I receive Synvisc-One more than once?

A: Yes, Synvisc-One can be repeated safely. So if your knee pain returns, talk to your doctor about whether another Synvisc-One treatment is right for you.

Q: Is Synvisc-One covered by insurance?

A: Synvisc-One treatment is eligible for reimbursement by Medicare and most insurance plans. Check with your insurance plan to find out what your exact benefits are.

Many insurers require that you obtain Synvisc-One through your doctor. If your physician writes you a prescription for Synvisc-One, some insurance plans, including Medicare, may not cover the cost. Therefore, it is recommended that you check with your insurer prior to receiving a prescription.

If you are denied insurance coverage for your Synvisc-One treatment, please contact **SYNVISC ConnectionSM** at 1-800-982-8292, M-F, 9am-8pm (ET).

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Treatment with Synvisc-One™

We created this special section to help you understand what to expect during and after Synvisc-One treatment. As always, consult with your doctor when you need to know more.

Before your visit

Synvisc-One is a local treatment and should not interact with any other medications you are taking. Still, be sure to tell your doctor if you are taking any medications, including over-the-counter drugs.

During the procedure

To prepare your knee for the injection, your doctor may:

1. Clean your knee with alcohol and iodine
2. Apply a local anesthetic to your knee
3. Withdraw excess fluid from your joint

The doctor will then inject your knee with Synvisc-One. The whole procedure should only take a few minutes, and you'll be able to go home immediately after the treatment.

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When you get home

- If you have any mild pain or swelling at the injection site, you may want to keep an ice pack on your knee for 15–20 minutes, or as recommended by your doctor.
- Avoid putting a lot of strain on your knee — such as jogging, lifting or prolonged standing — for 48 hours after the injection, or as recommended by your doctor.

Possible side effects

The side effects most commonly seen in a medical study were generally mild to moderate and did not last long. They may include:

- Knee pain
- Stiffness
- Swelling or fluid buildup in or around the knee

Other side effects, such as rash, may also occur. If you experience any side effects, be sure to discuss them with your doctor.

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