

OSTEOARTHRITIS (OA)

Osteoarthritis, the most common type of arthritis, is a progressive disease of the joints.^{i,ii} Often referred to as “wear and tear” arthritis, OA occurs when the top layer of cartilage, the slippery tissue that covers the ends of bones in a joint and helps absorb the shock of movement, breaks down and wears away. The bones under the cartilage then rub together, causing pain, swelling and loss of motion in that joint. Eventually, the joint may lose its normal shape and/or develop bone spurs around its edges.ⁱⁱⁱ

OA affects approximately 26.9 million U.S. adults, including over one-third (33.6%) of people over age 65.^{iv}

OA SYMPTOMS^v

- ▶ Sore or stiff joints after inactivity or overuse
- ▶ Limited range of motion or stiffness that goes away after movement
- ▶ Clicking or cracking sound when a joint bends
- ▶ Mild swelling around a joint
- ▶ Pain that is worse after activity or toward the end of the day

OA RISK FACTORS^{vi, vii}

OA develops gradually over time and can impact any joint – most often in the hands, knees, hips and spine. Risk factors include:

- ▶ Being overweight or obese
- ▶ Aging
- ▶ Joint injuries
- ▶ Family history of OA
- ▶ Joints that are not properly formed
- ▶ Stresses on joints from certain jobs and sports

OA TREATMENT^{viii}

The four main goals of current osteoarthritis treatments are to improve joint function, keep a healthy body weight, control pain and achieve a healthy lifestyle. Non-drug pain relief and alternative therapies include:

- ▶ Heat or cold (or a combination)
- ▶ Massage
- ▶ Complimentary and alternative therapies (acupuncture)
- ▶ Nutritional supplements

Commonly used pain medications include:

- ▶ Acetaminophen
- ▶ Non-steroidal anti-inflammatory drugs (NSAIDs)
- ▶ Mild narcotics
- ▶ Corticosteroids

The new PROGRESS IV clinical trial will evaluate the safety and clinical effectiveness of autologous protein solution (APS), prepared from a small sample of a patient’s own blood using the investigational nSTRIDE[®] APS Kit, on pain and function associated with knee osteoarthritis (OA).

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- iii What Is Osteoarthritis? Fast Facts: An Easy-to-Read Series of Publications for the Public. 2014. National Institutes of Health; [accessed 2016 April 25]. http://www.niams.nih.gov/health_info/Osteoarthritis/osteoarthritis_ff.asp.
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- vi What Is Osteoarthritis? Fast Facts: An Easy-to-Read Series of Publications for the Public. 2014. National Institutes of Health; [accessed 2016 April 25]. http://www.niams.nih.gov/health_info/Osteoarthritis/osteoarthritis_ff.asp.
- vii OrthInfo. 2007. American Academy of Orthopaedic Surgeons; [accessed 2016 April 25]. <http://orthoinfo.aaos.org/topic.cfm?topic=a00227>.
- viii Osteoarthritis: Symptoms, Diagnosis & Treatment. 2013. National Institutes of Health; [accessed 2016 April 2015]. <https://www.nlm.nih.gov/medlineplus/magazine/issues/winter13/articles/winter13pg12.html>.

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