



Patient Information

Knee pain relief,  
with no drugs and no surgery

 **smith&nephew**  
**SUPARTZ<sup>®</sup>**  
Joint Fluid Therapy

# If you are experiencing any or all of these symptoms, you may have osteoarthritis (OA) of the knee.

- Is your knee stiff in the morning?
- Does your knee hurt when you move?
- Does your knee hurt even when you are not active?
- Do you hear a crackling sound or have a grating feeling?
- Is the skin around your knee red and swollen?

## What is OA of the knee?

Osteoarthritis (ah-stee-oh-ar-THRY-tis) or OA of the knee results from a low level of a lubricating substance (hyaluronan) in the fluid that cushions your knee (synovial fluid). Without enough hyaluronan, the bones of your knee begin to rub against each other, causing erosion, bone spurs and pain.

Common risk factors for OA of the knee are being overweight, joint injury, overuse of the joint, weak muscles, nerve injury, having other forms of arthritis, having family members with arthritis, and simply being over 55.

## You are not alone

Approximately 20 million Americans suffer from osteoarthritis. Nothing can cure OA, but it can be treated effectively with proper physician care. Many people with OA live happy, healthy and active lives.



## Common treatments for OA knee pain include:

### Non-drug treatments:

- Avoiding activities that cause excess pain in your joints
- Exercise
- Physical therapy

### Drug therapy:

- Painkillers such as acetaminophen and narcotics
- Drugs that reduce inflammation, such as aspirin and other non-steroidal anti-inflammatory agents (NSAIDs) such as ibuprofen and naproxen
- Corticosteroids that are injected directly into the joint

## SUPARTZ® Joint Fluid Therapy may be the solution

You may be a candidate for non-surgical, non-pharmacological, pain-relieving joint fluid therapy. This brochure will introduce you to SUPARTZ Joint Fluid Therapy, a safe, effective treatment for OA of the knee. Your doctor can help you decide if SUPARTZ Joint Fluid Therapy is right for you.

## What is SUPARTZ Joint Fluid Therapy?

SUPARTZ Joint Fluid Therapy is a solution made of highly purified, sodium hyaluronate (hyaluronan or HA). Hyaluronan is a natural chemical found in the body and in joint tissues and fluid (synovial fluid) that fills the joints. The body's own hyaluronan acts like a lubricant and shock absorber in synovial fluid of a healthy joint.

## How does SUPARTZ Joint Fluid Therapy work?

Osteoarthritis negatively affects the quality of synovial fluid and therefore its ability to protect and lubricate your joint. The goal of SUPARTZ Joint Fluid Therapy is to supplement the poor quality HA in your painful knee with additional highly purified HA.

## SUPARTZ Joint Fluid Therapy is trusted

An extensive worldwide clinical history of 155 million injections – showing SUPARTZ Joint Fluid Therapy to be as safe as saltwater – gives your doctor confidence that SUPARTZ Joint Fluid Therapy will safely relieve your knee pain and get you back to your daily activities.

## SUPARTZ Joint Fluid Therapy is safe

In five clinical studies, adverse events occurred at similar rates in the patients treated with SUPARTZ Joint Fluid Therapy and those treated with saltwater.

## SUPARTZ Joint Fluid Therapy is effective

The safety and effectiveness of SUPARTZ Joint Fluid Therapy were studied in five clinical trials. Patients received injections of SUPARTZ Joint Fluid Therapy or saltwater (619 and 537 patients, respectively). The results of these five studies show that injections of SUPARTZ Joint Fluid Therapy safely and effectively relieve pain associated with osteoarthritis of the knee. See package insert for details.

**SUPARTZ Joint Fluid Therapy – safe, trusted, effective –  
and prescribed more than 155 million times**





SUPARTZ® Joint Fluid Therapy delivers a high level of active ingredient HA to your knee joint, providing proven pain relief.

## Are you a candidate for SUPARTZ® Joint Fluid Therapy?

You could be if:

- Your knee pain is due to osteoarthritis
- You are not getting adequate OA knee pain relief from walking and/or physical therapy
- You are also not getting adequate OA knee pain relief from pain medications, including:
  - Ibuprofen (e.g. Advil®)
  - Acetaminophen (e.g. Tylenol®)
  - Naproxen sodium (e.g. Aleve®)
  - Cox-2s/NSAIDs: (Celebrex®, Bextra®, MOBIC®)

If you meet the three criteria above, ask your doctor if SUPARTZ Joint Fluid Therapy is right for you!

## You should **not** have SUPARTZ Joint Fluid Therapy if:

- You are allergic to products from birds such as feathers, eggs and poultry.
- You have infections or skin diseases in the area the injection will be given.
- You have had any previous allergic reactions to SUPARTZ Joint Fluid Therapy or similar material, i.e., hyaluronate products.

The safety and effectiveness of SUPARTZ Joint Fluid Therapy have not been established in pregnant women, in lactating women and in children.

The following were the most common adverse events occurring in SUPARTZ Joint Fluid Therapy-treated patients: joint pain with no evidence of inflammation, joint pain with evidence of inflammation, back pain, pain (non-specific), injection site reaction, headache and injection-site pain. These adverse events also occurred at similar rates in the patients treated with saltwater.

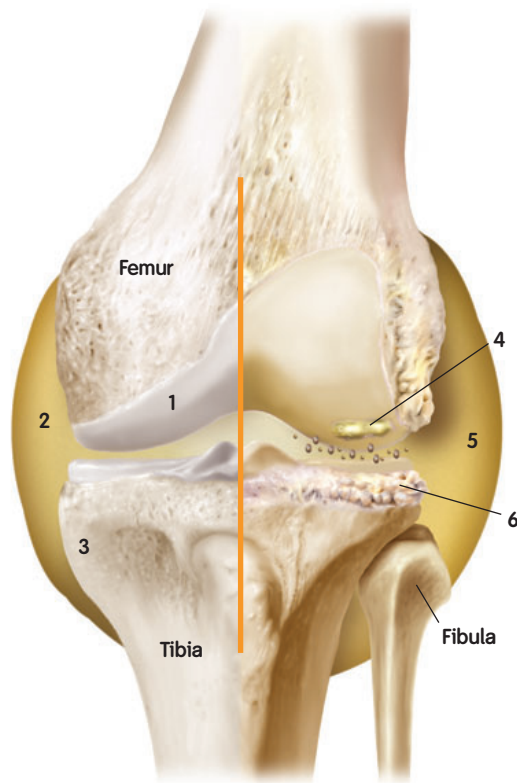
## Other things you should know about SUPARTZ® Joint Fluid Therapy

- SUPARTZ Joint Fluid Therapy is only for injection into the knee, performed by a qualified physician.
- Pain and/or swelling of the injected joint may occur after injection of SUPARTZ Joint Fluid Therapy.
- The safety and effectiveness of repeat treatment cycles of SUPARTZ Joint Fluid Therapy have not been established.
- The effectiveness of a single treatment cycle of less than three injections has not been established.
- The safety and effectiveness of the use of SUPARTZ Joint Fluid Therapy in joints other than the knee have not been established.
- The safety and effectiveness of the use of SUPARTZ Joint Fluid Therapy given at the same time as other injectables have not been established.

## How can you get more information about SUPARTZ Joint Fluid Therapy?

- Ask your physician
- Consult the SUPARTZ Joint Fluid Therapy web site at [www.supartz.com](http://www.supartz.com)
- Call Smith & Nephew Customer Service at 1-800-238-7538, option 2.

## Inside osteoarthritis (OA) of the knee



### Normal Knee

- 1 Normal cartilage –**  
provides a smooth surface so bones can move easily across each other
- 2 High concentration of hyaluronan in synovial fluid –**  
cushions and lubricates the joint
- 3 Normal bone**

### OA Knee

- 4 Eroded cartilage –**  
if completely worn away, bones may scrape painfully against each other
- 5 Low concentration of hyaluronan in synovial fluid –**  
less able to protect the joint
- 6 Osteophytes –**  
(bone spurs)

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