

genzyme
Biosurgery

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Regain your freedom





Introduction

As someone who has osteoarthritis (OA), you'll know only too well the impact it can have on your life.

Constant pain and limited movement can make even simple tasks, activities and pleasures increasingly difficult.

You may have tried a number of the different therapies that are available to improve your symptoms.

This brochure has been given to you by your doctor who thinks that a treatment called "viscosupplementation" using a product called Synvisc is appropriate for you.

Synvisc can relieve the pain and immobility associated with OA for 6 to 12 months (depending on the joint treated) with a short course of treatment.

The following pages tell you more about Synvisc, what it is and how it works.



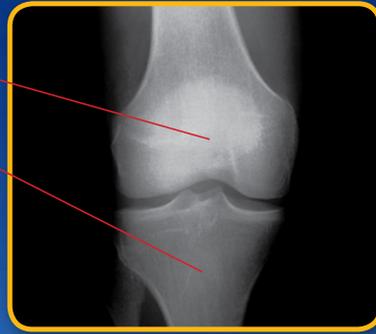
Healthy Knee



Femur
(thigh bone)

Tibia
(shin bone)

Healthy
cartilage



Osteoarthritic Knee



Damaged
cartilage



What is causing my symptoms?

Osteoarthritis is the most common form of arthritis and the pain it can cause, especially in the major joints such as the knee or hip, can significantly affect your quality of life.

At first the pain in the affected joint may only be noticeable after strenuous activity (e.g. sports) or prolonged use (e.g. long walks). Over time these painful episodes may become more frequent, perhaps occurring after light activities such as a short walk, or even when you first get out of bed in the morning.

In a healthy joint there is a fluid called synovial fluid, which helps protect the joint by absorbing shocks and lubricating the moving surfaces. When you have OA this fluid becomes diseased and no longer protects the joint effectively. The covering on the ends of the bones (cartilage) can also break down, becoming worn and frayed.

These changes may result in inflammation, swelling, tenderness and pain in the joint, leading to a reduction in your mobility.

Although OA is most commonly found in the knee joint, it can also affect other joints such as the hip, ankle, shoulder or hands. Very often it affects more than one joint at a time.

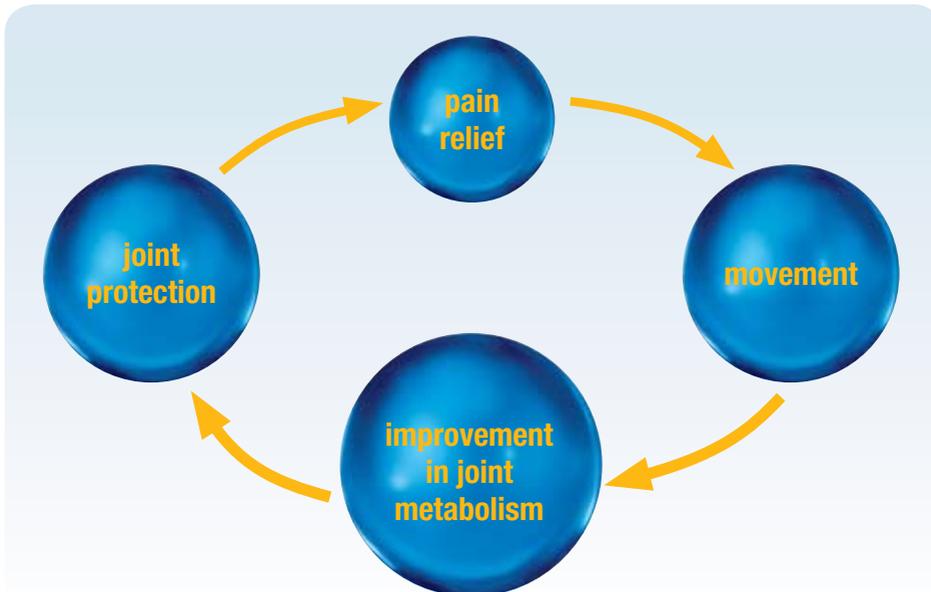
How does Synvisc work?

Synvisc contains hylans, which have properties very similar to the natural material (hyaluronic acid) found in healthy synovial fluid.

During treatment your diseased synovial fluid is replaced with Synvisc. This procedure is called viscosupplementation.

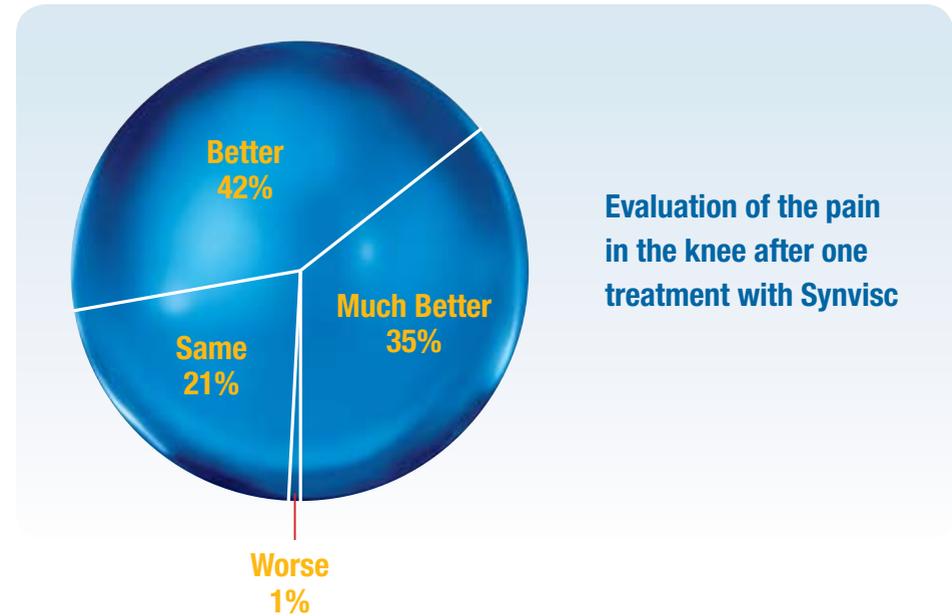
The injected Synvisc helps to absorb shocks and lubricate your joint just like natural synovial fluid. It also reduces pain by forming a barrier over the sensitive pain receptors in your joint, and contributes to restoring the healthy mobility of the joint.

Synvisc generates a cycle of positive effects: **pain relief** → **movement** → **improvement in joint metabolism** → **joint protection** → **pain relief**.



How effective is Synvisc in OA of the knee?

Extensive clinical studies have shown that Synvisc is effective at reducing pain and improving mobility in patients with OA of the knee. More than 75% of patients feel better or much better after a course of treatment.



Patients who receive traditional treatment (e.g. painkillers, NSAIDs, steroid injections) plus Synvisc can experience 25% greater pain relief than those patients who receive traditional treatment alone. This relief can last for up to one year.

How effective is Synvisc in OA of the hip, ankle or shoulder?

Clinical studies have been conducted using Synvisc in a variety of joints, which show that it can relieve OA pain in the hip, ankle and shoulder.

In a study of patients with hip OA, more than half of patients reported a reduction of at least 50% in pain after walking, three months after treatment with Synvisc. In 32% of patients this pain was reduced by 75%.

In clinical studies of the ankle and shoulder, Synvisc provided pain relief for many patients with a single injection. This pain relief was achieved as early as one week after the injection, and lasted for up to 6 months in most cases.



Frequently asked questions

What does treatment with Synvisc involve?

The Synvisc dosage and number of injections required is dependent on the joint being treated. Your doctor will select the regimen that is most appropriate for you.

IN THE KNEE

1 injection of 2ml of Synvisc per week for 3 weeks

or

One injection of 6ml (Synvisc-One)

IN THE HIP, ANKLE OR SHOULDER

A single injection of 2ml of Synvisc into the affected joint

If you do not feel that you have had adequate relief from your symptoms, your doctor may perform a second injection, usually within 1-3 months after the first

In some cases your doctor may choose to use X-ray or ultrasound to guide the injection, depending on the joint to be treated. If this is the case, your doctor can provide additional information on the procedure selected.

Frequently asked questions

When can I resume my normal activities?

You should have somebody drive you home and then rest for approximately 24 hours after a Synvisc injection.

It is important that you do not undertake any strenuous activities (e.g. sport) for a few days after each injection. You can then return to your normal level of activity a few days after your treatment course is completed. Your doctor, who will be familiar with your case and treatment, will advise you more specifically on this.

Will I feel better straight away?

Some patients find that they enjoy relief from their symptoms straight away. However, the full benefits of Synvisc are usually experienced 3 to 5 weeks after your treatment has been completed.

Will I have permanent pain relief?

As with all treatments available, Synvisc cannot cure your OA or repair any existing damage to your joint, so it cannot relieve your symptoms permanently. Additionally, like any medicine or treatment, the success of Synvisc varies from patient to patient.

However, in knee OA, Synvisc can provide pain relief for 6 - 12 months. In the hip, ankle and shoulder pain relief of up to 6 months can be expected.

If your symptoms return, your doctor may prescribe you another course of Synvisc treatment. Repeat treatment with Synvisc has been shown to be effective in several clinical trials in OA of the knee.

Are there any side-effects?

Synvisc isn't a drug. It acts mechanically on the treated joint only and therefore doesn't cause the unpleasant side-effects associated with some traditional therapies such as non-steroidal anti-inflammatory drugs.

However, as with all medical treatments, side-effects are possible. Increased local pain and swelling may occur after Synvisc treatment. This reaction is usually temporary, will ease after a few days, and will not stop Synvisc from working.

As with any injection, there are possible complications related to the procedure. Your doctor is the best person with whom to discuss this.

Before receiving Synvisc treatment you should inform your doctor if you have any allergies to birds, feathers or eggs.

If any symptoms continue or worsen, or you are otherwise concerned, contact your doctor for advice immediately.

Synvisc has not been tested in pregnant women and children.