



NewsLetter

The Inaugural Issue

July 2015 | Issue 1

HELP! My Knees are Killing Me!

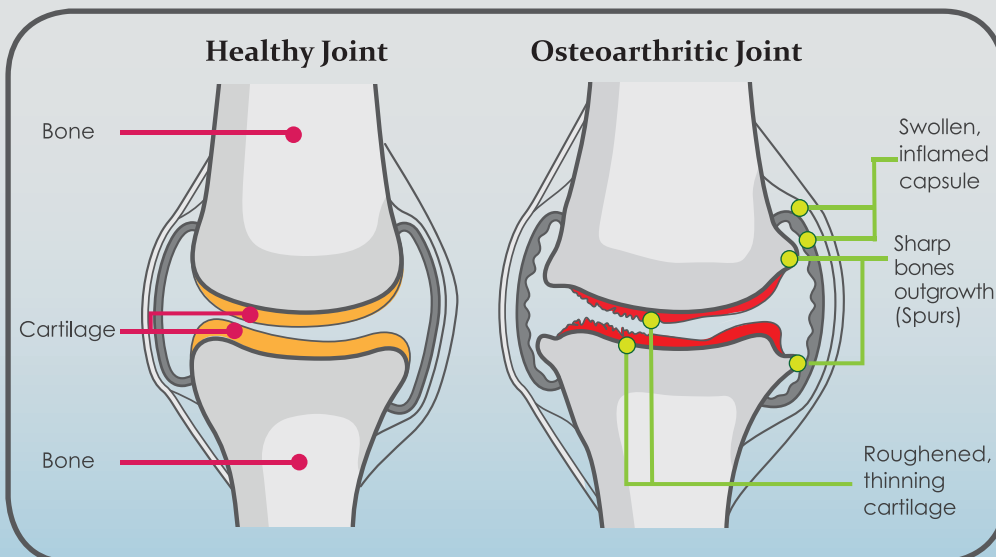
Do your knees hurt? Do you have difficulties climbing the stairs? Do you experience stiffness and discomfort in your knees? Is this pain affecting your daily routine?

If yes, you may have osteoarthritis.



In this newsletter, we will walk you through osteoarthritis - how it develops, the symptoms, why you should not ignore it, and the treatment options available. We'll also share some tips to help you manage your arthritis and improve your quality of life.

What happens in the joints when you have osteoarthritis? What is the difference between a healthy joint and an osteoarthritic joint?



Don't Ignore That Painful Knee

Aging often brings about creaky, painful joints that don't move quite as well as they did before. These symptoms are usually part of growing older — but not necessarily. Some could be caused by frequent strenuous sports activities. Whatever the cause may be, having such symptoms mean you should seek medical care.

In the most common form of joint pain, medically known as Osteoarthritis, the cartilage (a protective layer between the joints) breaks down and wears away with time. As a result, the bones under the cartilage rub together. The rubbing causes pain, swelling, and loss of motion of the joint.

If you find yourself having difficulties walking up and down the stairs, or getting back up from a squatting position, you may have osteoarthritis.

Osteoarthritis should never be ignored, as your condition will only worsen with time, and may eventually result in loss of mobility.



Viartril®-S, the only glucosamine proven to reduce Total Knee Replacement by 57%

Symptoms of osteoarthritis

Symptoms often develop slowly and worsen over time. Signs and symptoms are:

- ▶ **Pain:** Your joint may hurt during or after movement.
- ▶ **Swelling:** Your joint may feel tender when you apply light pressure to it.
- ▶ **Stiffness:** Joint stiffness may be most noticeable when you wake up in the morning or after a period of inactivity.
- ▶ **Loss of flexibility:** You may not be able to move your joint through its full range of motion.
- ▶ **Grating or grinding sensation (crepitus):** You may hear or feel a grating sensation when you use the joint.
- ▶ **Bone spurs:** These extra bits of bone, which feel like hard lumps, may form around the affected joint.

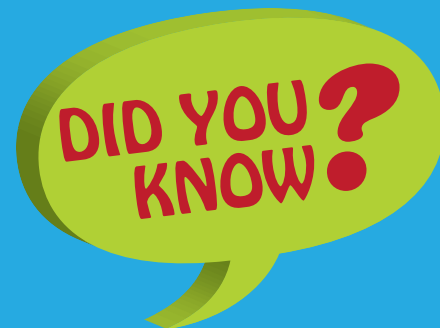


Don't give in to age. Live life when you're alive.

How can you help yourself?

Osteoarthritis progresses over time. You can improve your condition by:

- ▶ **Losing weight** if you are overweight.
- ▶ **Doing regular low-impact exercises**, including aqua jogging to strengthen supporting muscles, but do not do it when your joint is inflamed. Consult your health professional for advice.
- ▶ **Wearing proper footwear** which supports your knees. Consult your health professional for advice.
- ▶ **Reducing stress to the affected joints.** Use walking aid/stick if you need to.
- ▶ **Seeking treatment.** Consult your health professional for advice and treatment.



NOT ALL GLUCOSAMINE ARE THE SAME!

In USA, a range of glucosamine brands sold in retail pharmacies were analyzed by University of Maryland. It was found that the actual amount of glucosamine or chondroitin in many of the products ranged from 0% to 115% compared to what was claimed on their labels².

A similar study conducted by the University of Alberta, Canada, also found that 13 out of 14 commercially available glucosamine contained less than 82% of the amount stated on their labels. Some were even less than 50%³.

In Singapore, glucosamine products are classified as health supplements and can be imported and sold without a license. They are not subjected to pre-market approval by the Health Sciences Authority (HSA). This means that glucosamine products need not be approved before sale. They are also not assessed for their effectiveness by HSA⁴.

The responsibility in ensuring the safety and quality rests with the importer, manufacturer, distributor and seller.

This is why the American Arthritis Foundation advised that "When a supplement has been studied with good results, find out which brand was used in the study, and buy that."

In the case of glucosamine, only VIARTRIL[®]-S has been extensively studied in more than 300 clinical studies to be efficacious and safe. In fact, in one of the studies, VIARTRIL[®]-S has been shown to reduce risk of Total Knee Surgery by 57%. VIARTRIL[®]-S is of the highest quality and is in fact, registered as a prescription drug in many European countries.

Treatment Options

Pain Killers -

Provide temporary symptomatic pain relief.

Do not treat the condition.

Includes Non-Steroidal Anti-Inflammatory Drugs (NSAID).

Viartril®-S -

The original, clinically tested Crystalline Glucosamine Sulphate.

The living cells in the cartilage known as chondrocytes, use glucosamine to synthesize cartilage, the protective layer between the joints which has degenerated in osteoarthritis.

Viartril®-S is the only glucosamine fully tested and proven for its efficacy and safety in over 300 clinical studies, including long term, large scale studies, published in reputable international journals. It has been proven to provide not only symptomatic pain relief, but also works directly on improving the condition of the cartilage⁵⁻⁹.

Patients with hypertension, seafood allergy and well controlled diabetes can take Viartril®-S.

Unlike other glucosamine brands, Viartril®-S is an approved prescription drug for the treatment of osteoarthritis in Europe and elsewhere.

In cases where cartilage has worn off completely, Viartril®-S can no longer perform its function. Therefore, if you have taken Viartril®-S consistently for 3 months and it does not work, you should consult your physician for appropriate treatment like hyaluronic acid injection or surgery.



Viartril®-S, the only glucosamine clinically proven to have 90% absorption¹⁰.

Can be purchased from major retailers in Singapore.

Other glucosamine brands -

Caution needs to be practised when selecting a glucosamine product. Many clinical studies using other glucosamine brands have found them to be inconsistent and ineffective. Most glucosamine products are not tested.

In Singapore, glucosamine is considered a health supplement and need not be approved before sale. They are also not assessed for their effectiveness by HSA. Consumers should check whether the product is substantially supported with clinical papers published in reputable journals.



Chondroitin sulphate -

In osteoarthritis, the subchondral bones, the layer of bone just below the cartilage, become thicker and there is an increased rate of bone breakdown. A few studies have demonstrated that chondroitin sulphate have positive effect on the integrity of subchondral bones by reducing the rate of bone breakdown¹¹.



Adaxil™, an excellent combination of Viartril®-S and Chondroitin Sulphate.

Methylsulfonylmethane (MSM) -

Only few short term studies have shown that MSM may provide symptomatic pain relief. However, there is insufficient evidence to recommend the use of MSM for treating osteoarthritis¹².

Creams & Gels -

1) NSAID gels: These are gels containing pain killers which provide temporary symptomatic relief.

2) Glucosamine cream: A local survey has shown that this may provide symptomatic pain relief. However, glucosamine cream has not been proven in any clinical studies to be able to penetrate into the joints to have any effect on improving the condition of the cartilage³.

3) Sequeosome™ vesicles: An in-house survey by the manufacturer of Sequeosome™ concluded that their product may provide symptomatic pain relief. However, there are no published papers to prove that the product improves the condition of the cartilage.

Undenatured Collagen Type II (UC-II) -

Collagen is the most abundant protein in the human body. It is most commonly found in the skin, bones and connective tissue. Only short term studies have been conducted which show that collagen may provide symptomatic pain relief. However, there is insufficient evidence on UC-II for the treatment of osteoarthritis¹⁴.

Steroid Injection

For moderate to severe osteoarthritis. Steroid injection is given directly into the joint. It may provide symptomatic pain relief for a few weeks. Does not treat osteoarthritis.

Hyaluronic Acid Injection

For moderate to severe osteoarthritis. Steroid to relieve pain and hyaluronic acid to act as a lubricant for badly worn-out cartilage.



GO-ON, a quality Hyaluronic Injection from Europe.

Surgery -

For final stage of osteoarthritis, including total knee replacement.

RECENT PUBLIC HEALTH TALKS

sponsored by PharmLine

31 January 2015:

Osteoarthritis & Cancer risk and treatment options

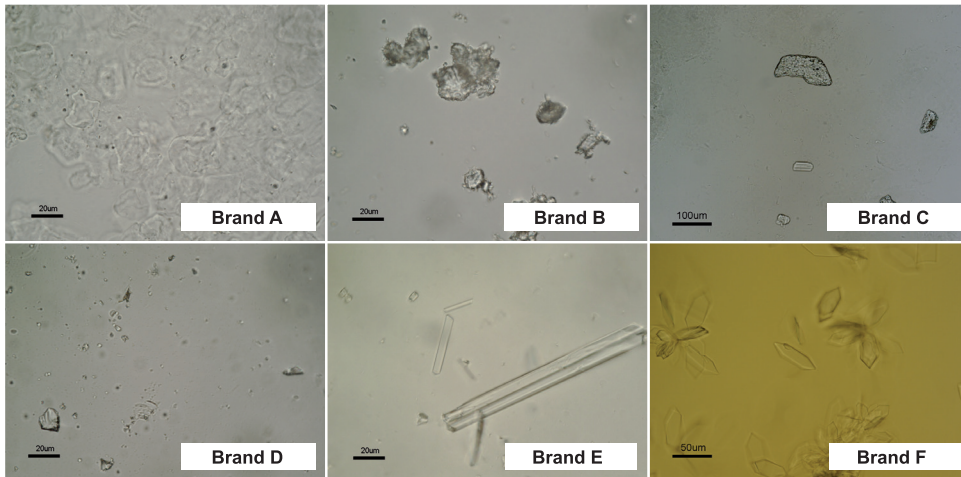
Speaker: Dr Raymond Yuen from Hosanna Medical Centre



Viartril®-S

The Original Crystalline Glucosamine Sulphate for Joint Health

Microscopic structure of other glucosamine brands in Singapore & Malaysia:



“ VIARTRIL®-S is the ONLY glucosamine clinically proven to reduce risk of Total Knee Surgery by 57% ”

Viartril®-S is the only glucosamine preparation packed with the most active beta crystals:



This is why, unlike other glucosamine products, only Viartril®-S has consistently been proven in more than 300 clinical studies to be safe and efficacious

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Visit www.pharmline.sg

Write in your experience with Viartril®-S to receive our limited edition Viartril®-S umbrella. Email to us: sales@pharmline.com.sg