

# The Osteoarthritis (OA) Treatment Pathway: Your Guide to Finding Pain Relief



**20**  
YEARS

DUROLANE  
POWERFUL &  
LONG-LASTING  
PAIN RELIEF

## Were you recently diagnosed with OA?

If so, understanding your treatment options can help you spend less time seeking relief and more time doing what you love.

Or if you have not been diagnosed, you may recognise these common OA symptoms:<sup>1,3</sup>

- Joint pain
- Joint stiffness and swelling
- Reduced joint range of motion and flexibility
- Joint weakness
- Grating sensations when moving your joints
- Fatigue

Early diagnosis of OA and proactive treatment can help you manage your OA effectively.

## Starting your OA treatment pathway<sup>2</sup>

No single OA therapy works for everybody, and treatments vary in terms of risks, side effects, and duration of benefits. It is important to discuss your OA care options with your doctor.

Many doctors recommend an approach that includes a combination of treatments, such as:

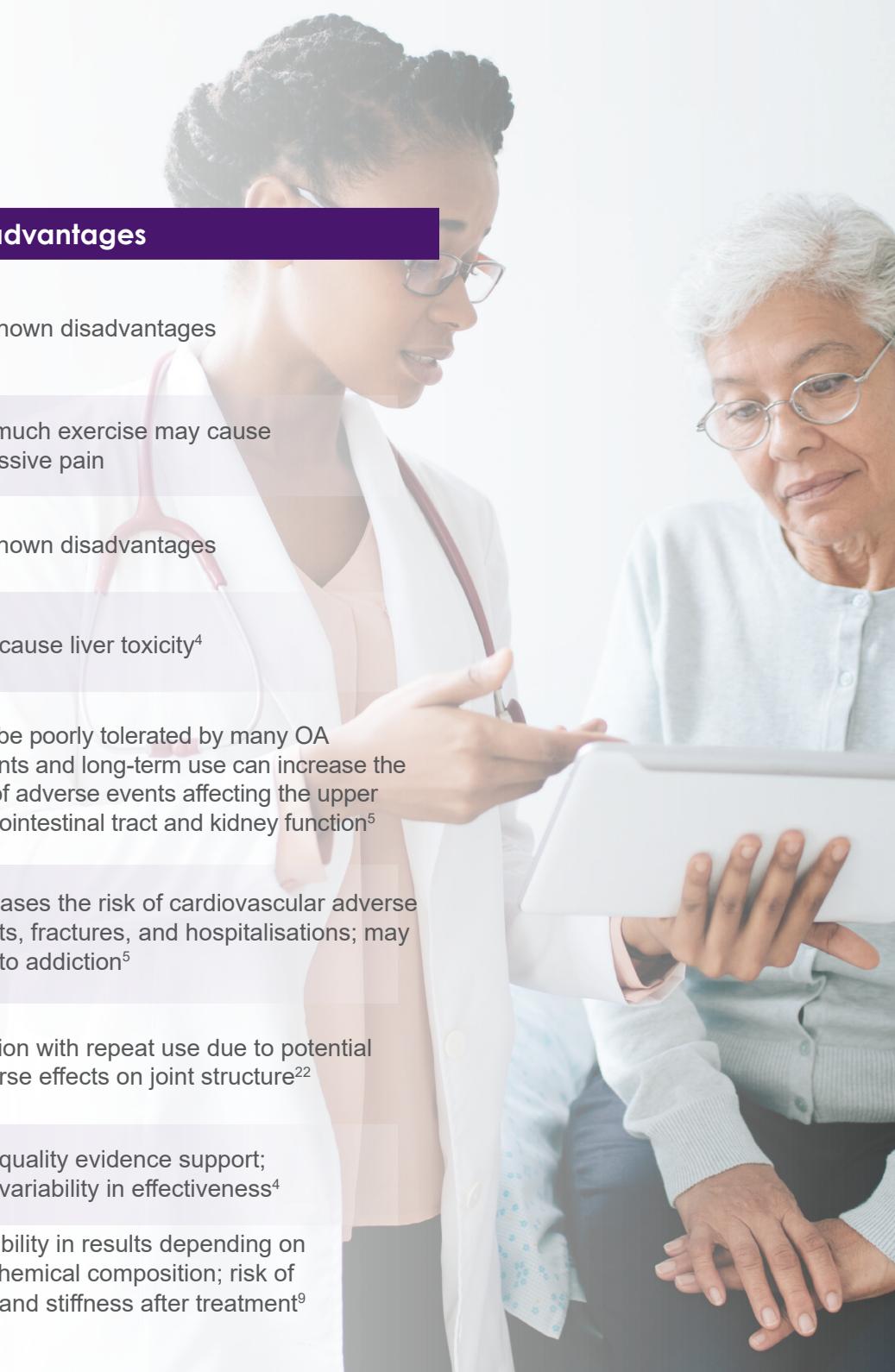
- Physical therapy
- Exercise
- Weight management
- Anti-inflammatory medications
- Corticosteroid or platelet rich plasma (PRP) injection therapies
- Hyaluronic acid (HA) injection therapies, such as DUROLANE

**DUROLANE®**  
hyaluronic acid, stabilized single injection



## Understanding your OA treatment options

With so many treatments available, finding the right OA treatment pathway may seem overwhelming. The following chart can help you understand some of your options. Always consult your doctor and/or a qualified and recognised medical professional before starting any OA treatment.



Treatment	Potential Benefits	Disadvantages
Weight management	May reduce inflammation and pressure on joints, increase energy and activity, slow OA progression, and improve your chances of OA flare remission <sup>3</sup>	No known disadvantages
Physical therapy and exercise	Being active can help you stay mobile, relieve pain, lose weight and reduce your risk of other health problems <sup>3</sup>	Too much exercise may cause excessive pain
Hot or cold packs	May reduce joint pain <sup>1</sup>	No known disadvantages
Paracetamol	May help provide short-term pain relief <sup>3</sup>	May cause liver toxicity <sup>4</sup>
Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, diclofenac, celecoxib and naproxen	May reduce joint inflammation, pain, and swelling <sup>5</sup>	Can be poorly tolerated by many OA patients and long-term use can increase the risk of adverse events affecting the upper gastrointestinal tract and kidney function <sup>5</sup>
Opioids, such as oxycodone, hydrocodone, codeine, and morphine	May reduce joint inflammation, pain, and swelling in more severe cases <sup>5</sup>	Increases the risk of cardiovascular adverse events, fractures, and hospitalisations; may lead to addiction <sup>5</sup>
Intra-articular corticosteroids	May provide immediate relief of OA pain and reduce joint inflammation <sup>1</sup>	Caution with repeat use due to potential adverse effects on joint structure <sup>22</sup>
Platelet rich plasma (PRP) injections	May ease pain and improve function; no known side effects <sup>4</sup>	Low-quality evidence support; high variability in effectiveness <sup>4</sup>
Intra-articular hyaluronic acid injections	May provide long-lasting pain relief, while also improving joint function and range of motion. <sup>9</sup>	Variability in results depending on HA chemical composition; risk of pain and stiffness after treatment <sup>9</sup>

## Where DUROLANE fits in your OA treatment pathway

If you do not get adequate pain relief from treatments such as oral medications, physical therapy, or corticosteroid injections, you may be a good candidate for DUROLANE.

DUROLANE is a high molecular weight, single-injection HA therapy.<sup>8</sup> HA is found naturally throughout the body. It is an important component of synovial fluid, which provides lubrication and cushioning in healthy joints.

The HA in DUROLANE has the same composition as the natural HA that your body produces, but it's in a highly concentrated formulation that has been uniquely stabilised to resist degradation.<sup>13</sup>



## Receiving your DUROLANE treatment<sup>9</sup>



### LOCATION

Doctor's office or medical clinic



### PROVIDER

A trained and authorised physician



### APPOINTMENT

Single-injection that may take less than 30 minutes



### PAIN RELIEF

May provide up to 6 months pain relief<sup>9</sup>



### INJECTION PROCEDURE



1

The doctor will locate the joint cavity.

2

The doctor will **swab** the **injection site** with alcohol or an antiseptic solution.

3

The doctor may apply a **local anesthetic** to minimise any discomfort at the injection site.

4

If effusion is present, the doctor may remove the **excess fluid**.

5

The doctor will **inject** DUROLANE into the joint cavity. (The doctor may use image guidance to ensure accurate placement)

Many factors influence which OA therapies work best for different patients.

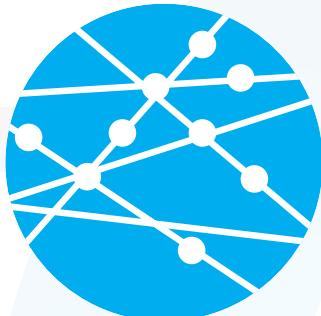
So talk to your doctor to find out if DUROLANE might be right for you.

## What makes DUROLANE different?

As a patient, you may be presented with different options to treat OA without knowing how each option can help you. The following information can give you a clear understanding of DUROLANE's design and benefits.

### COVENIENCE

DUROLANE is clinically designed as a single injection, allowing for fewer clinic visits.<sup>16</sup> DUROLANE is also well tolerated, allowing patients to get back to daily activities soon after treatment.<sup>9,19</sup>



### PATENTED NASHA® TECHNOLOGY

DUROLANE is made with a unique patented technology called NASHA, which give it a gel-bead structure. This makes it more resistant to degradation over time and provides long-lasting pain relief with a single injection.<sup>9,14</sup>



### SAFETY

DUROLANE is safe for repeated courses of therapy, and is biofermented reducing the risk of adverse reactions.<sup>9,16,18</sup>



### PAIN RELIEF

DUROLANE is known for its ability to provide OA patients with long-lasting pain relief.<sup>6,10</sup>



### REDUCES PAIN SENSATION

DUROLANE replaces the bodies natural joint fluid. This may help reduce or eliminate your use of NSAIDs or other pain medications—which also means reducing or eliminating the risk of developing side effects of these treatments.<sup>5,10</sup>



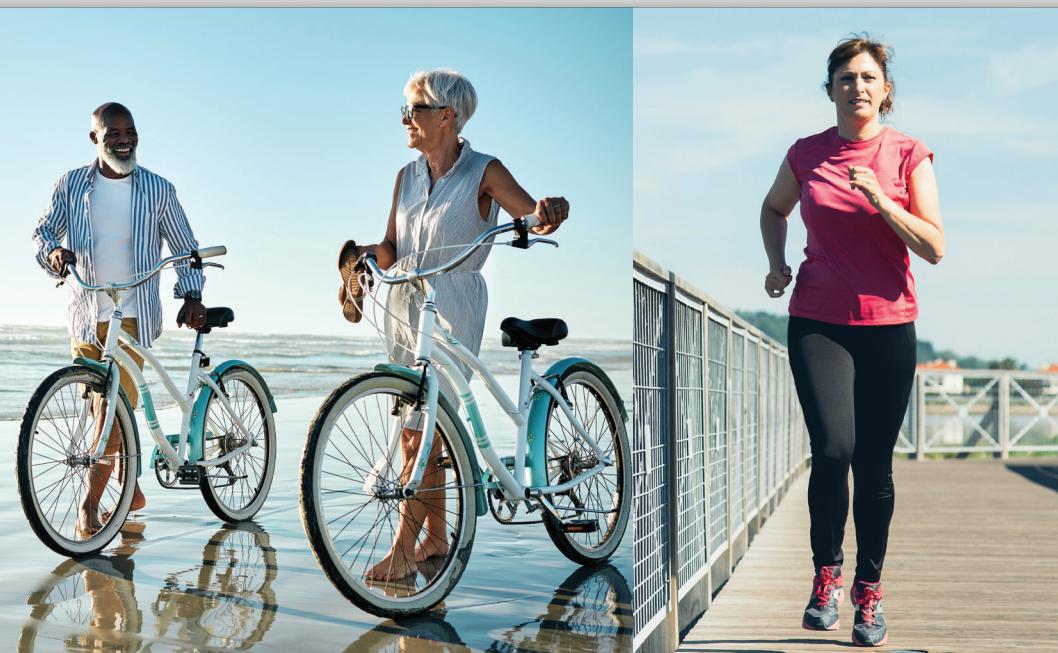
## Is DUROLANE right for you?

You may be prescribed DUROLANE if you are:

1. Diagnosed with mild to moderate OA<sup>9</sup>
2. Diagnosed with OA in the knee, hip, shoulder, ankle, wrist, fingers, or toes\*<sup>9</sup>
3. A nonresponder to alternative OA treatments<sup>17</sup>
4. Allergic to animal-sourced products and in need of a synthetic product<sup>17</sup>
5. Motivated to get back to your normal daily activities
6. Looking to delay joint replacement surgery, with a treatment safe for repeated use over time<sup>6,18</sup>
7. Not a surgical candidate and needing a nonoperative treatment for long lasting pain relief<sup>6,10,18</sup>

Many factors may influence which OA therapies work best for you. So talk with your doctor to find out if DUROLANE should be part of your treatment pathway.

\*For DUROLANE's full summary of indications, see back page of this booklet.



## After receiving your DUROLANE treatment<sup>9</sup>

Your doctor will provide you with the DUROLANE post-injection treatment guide and care instructions.

The most common side effects of treatment with DUROLANE are mild to moderate pain, swelling, or stiffness for up to one week after the injection. Placing a cold pack on the site for 10 to 15 minutes may reduce these effects. If symptoms last more than a week, contact your doctor.

You may be advised to avoid strenuous activity (such as tennis, jogging, and long walks) for two days after the injection.

DUROLANE can give you freedom from OA pain, improving joint function and quality of life **as early as two weeks after treatment.**<sup>19</sup>

### Four ways DUROLANE may affect your OA treatment pathway:

1

#### Predictable treatment outcomes

- Evidence-based treatment<sup>20</sup>

2

#### Cost-effectiveness

- Single injection regimen<sup>21</sup>
- Reduction in indirect costs, such as transportation and fuel
- Less time away from work

3

#### Flexibility

- Minimal clinic visits
- Easier for patients with mobility or transportation concerns

4

#### Proven safety and effectiveness<sup>9,16</sup>

- Non-avian source and minimal cross-linking, resulting in a low risk of adverse events or allergic reactions



## Questions?

Visit: [DUROLANE.com](https://DUROLANE.com)

Email: [Customercare-International@BioventusGlobal.com](mailto:Customercare-International@BioventusGlobal.com)



Innovations For Active Healing

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### Summary of Indications for Use:

**DUROLANE (3 mL):** Is indicated for the symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been approved for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, shoulder, elbow, wrist, fingers, and toes.

DUROLANE is also indicated for pain following joint arthroscopy in the presence of osteoarthritis within 3 months of the procedure.

**Summary of risks:** You should not use DUROLANE if you have infections or skin disease at the injection site. DUROLANE has not been tested in pregnant or lactating women, or children. Risks can include transient pain, swelling and/or stiffness at the injection site.

Full prescribing information can be found on the product labeling and on the website at [DUROLANE.com](https://DUROLANE.com).