

## **New Treatment Option For Knee Pain**

Knee pain is a common cause of discomfort and debility in millions of people. A frequent cause of this problem is Osteoarthritis of the knee. Osteoarthritis is an inflammatory condition of joints. The chronic inflammation causes deterioration of the joint which results in pain and decreased movement. Osteoarthritis cannot be cured, but there are ways to manage the pain and stiffness that results.

Non-drug treatments may include physical therapy, exercise, and weight loss.

Drug therapy may include acetaminophen, aspirin, non-prescription and prescription nonsteroidal anti-inflammatory drugs (NSAIDS), or cortisone injections.

Some people may require surgical repair or complete knee replacements.

Another alternative to treat the pain of osteoarthritis in the knee is with HYALGAN injections

Hyalgan is pronounced HI-al-gan. Hyalgan is a sterile highly purified mixture that is chemically similar to hyaluronan which is naturally found in many tissues throughout the body. Hyaluronan is normally present in high concentrations in the joints. The precise mechanisms of hyaluronan is not known but is thought to decrease inflammation, stimulate cartilage matrix synthesis, inhibit cartilage degradation, and direct protective action on nerve endings.

Hyalgan is indicated for the treatment of pain in osteoarthritis of the knee in patients who have failed to respond to conservative therapies. Hyalgan is extracted from rooster combs. Hyalgan is given in the doctor's office and is injected directly in the knee. A treatment cycle consists of 5 injections given at weekly intervals. This course of treatment can provide pain relief for up to 26 weeks, often longer. Some patients notice relief following the first injection, however the majority of patients don't notice a difference until after the third injection. As with any injection, you may feel temporary minor pain at the injection site. The most common side effects of Hyalgan therapy are injection-site pain, swelling, heat, redness, rash, itching, or bruising around the joint. Any such effects are generally mild and usually do not last long. You should not use Hyalgan if you have had any previous allergic reaction to any medication containing hyaluronan or have an infection or skin disease in the area of the injection site. Repeat treatments are well tolerated and can be given every 6 months if needed.