DUROLANE®
hyaluronic acid, stabilized single injection

The Osteoarthritis (OA) Treatment Pathway:

Your Guide to Finding 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 recognize these common OA symptoms:[1]

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

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

Starting your OA treatment pathway[2]

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

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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 recognized medical professional before starting any OA treatment.

Treatment	Potential Benefits	Disadvantages
Weight management[3]	May reduce inflammation and pressure on joints, increase energy and activity, slow OA progression, and improve your chances of OA flare remission	No known disadvantages
Joint mobility and strength training[3]	May decrease pain, strengthen muscles, and improve flexibility and balance	Too much exercise may cause excessive pain
Vitamins and supplements such as glucosamine and vitamin D[3,4]	May reduce inflammation	Minor gastrointestinal events
Heat therapy, such as a heating pad, steam shower, or warm bath[3]	May relieve joint stiffness and muscle aches	Should not be used during an OA flare
Painkillers, such as acetaminophen[4]	May help manage pain	May cause liver toxicity
Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, diclofenac, celecoxib and naproxen[5]	May reduce joint inflammation, pain, and swelling	Excessive or long-term use increases the risk of adverse events affecting upper gastrointestinal tract, kidney, or cardiovascular functions
Opioids, such as oxycodone, hydrocodone, codeine, and morphine[5]	May reduce joint inflammation, pain, and swelling in more severe cases	Increases the risk of cardiovascular adverse events, fractures, and hospitalizations; may lead to addiction
Intra-articular corticosteroids[6,7]	May provide immediate relief of OA pain and reduce joint inflammation	Not recommended for repeat use
Intra-articular hyaluronic acid injections[8,9]	May provide long-lasting pain relief, while also improving joint function and range of motion.	Variability in results depending on HA chemical composition; risk of pain and stiffness after treatment

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.[8]
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 stabilized to resist degradation.[8]

Receiving your DUROLANE treatment[9]

LOCATION
Doctor's office or medical clinic

PROVIDER
A trained and authorized physician, typically your treating physician

DURATION
Less than 30 minutes

PAIN
Local anesthetic to minimize injection discomfort, if needed

STEPS

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 minimize 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.

REDUCES PAIN SENSATION

DUROLANE can act as a shield around the pain signals sent from the joint. 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.[5,15]

HIGH MOLECULAR WEIGHT

With a molecular weight higher than that of the body's natural HA, DUROLANE can provide longer-lasting pain relief than lower molecular weight HAs, NSAIDs, or corticosteroid injections.[5,6,10-12]

BIO-FERMENTED

DUROLANE is a bio-fermented synthetic product, eliminating avian allergens and reducing the risk of adverse events.[8,16,17]

PATENTED NASHA® TECHNOLOGY

DUROLANE has a **cross-linked and stabilized molecular structure.** Its patented chemical design, called NASHA (non-animal stabilized hyaluronic acid), makes DUROLANE **highly viscous, shock absorbent, and resistant to degradation.**[8]

These qualities mean that DUROLANE provides extra cushioning and improved range of motion. Because it is resistant to degradation, DUROLANE also may provide longer-lasting pain relief than other OA treatments.[8,13,14]

LONG-LASTING PAIN RELIEF

DUROLANE is known for its ability to provide OA patients with long-lasting pain relief.[6,10]

Is DUROLANE right for you?

You may be prescribed DUROLANE if you are:

1. Diagnosed with mild to moderate OA[9]
2. Diagnosed with OA in the knee, hip, shoulder, ankle, wrist, fingers, or toes*[9]
3. A nonresponder to alternative OA treatments[17]
4. Allergic to animal-sourced products and in need of a synthetic product[17]
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[6,18]
7. Not a surgical candidate and needing a nonoperative treatment for long lasting pain relief[6,10,18]

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[9]

Your doctor will provide you with 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 knee OA pain, improving joint function and quality of life **as early as two weeks after treatment.**[19]

Five ways DUROLANE may affect your OA treatment pathway:

1

Predictable treatment outcomes

- Evidence-based treatment[20]
- Powerful and lasting improvement in quality of life[10]

2

Cost-effectiveness

- Single injection regimen[21]
- 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[9,16]

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

5

Delay of total joint replacement[18]

- Nonoperative treatment for patients who cannot have surgery
- Nonoperative treatment option while waiting for surgical intervention due to backlogs

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Summary of Indications for Use:

DUROLANE (3 mL): Argentina, Australia,* Brazil, Chile, Colombia, EU,* India, Jordan, New Zealand,* Russia, Switzerland,* Turkey,* United Arab Emirates: Symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been approved in Australia, EU and New Zealand for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, shoulder, elbow, wrist, fingers, and toes.

Mexico: Symptomatic treatment of mild to moderate knee osteoarthritis.

Taiwan: Treatment of pain in OA of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Canada:* Symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been licenced for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, fingers and toes.

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

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