



# Learn more about treatment for pain associated with osteoarthritis of the knee<sup>1</sup>

*Information booklet for patients diagnosed with Osteoarthritis (OA)  
of the knee who have been recommended Synvisc® (3 x 2mL) or  
Synvisc-One® for the temporary relief of pain.*



**SYNVISC**  
HYLAN G-F 20

**SYNVISC ONE**  
HYLAN G-F 20





## AS SOMEONE WITH OSTEOARTHRITIS (OA) OF THE KNEE, YOU KNOW ONLY TOO WELL THE PAIN AND IMPACT OA SYMPTOMS CAN HAVE ON YOUR LIFE

Osteoarthritis is the most common form of arthritis affecting around 1.6 million Australians. When the hip or knee is affected, mobility can be restricted, making tasks such as going up and down stairs, rising from a chair or bed, and walking very painful and difficult.<sup>2</sup>

While there is no cure for osteoarthritis, there are a number of treatment options available to provide temporary symptomatic relief of pain, and to attempt to preserve joint function.<sup>3</sup>

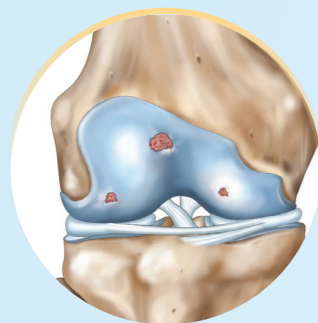
Your doctor has recommended treatment with Synvisc® (3 x 2mL) or Synvisc-One® (Hylan G-F 20). Synvisc® (3 x 2mL) and Synvisc-One® are forms of treatments called viscosupplementation. This is a term to describe an injection that temporarily replaces damaged joint fluid with a substance similar to healthy joint fluid in order to reduce pain.<sup>1</sup>

### *What is causing my symptoms?*

In a healthy joint, synovial fluid protects the joint by absorbing shocks and lubricating the moving surfaces.<sup>4</sup> When you have OA, the synovial fluid loses this ability to protect the joint effectively.<sup>5</sup> As a result, the covering on the end of the bones (cartilage) can break down becoming worn and frayed.<sup>6</sup> This can lead to symptoms such as use-related pain, stiffness and loss of movement.<sup>4</sup> The symptoms vary from person to person and cause different degrees of incapacity.<sup>6</sup>



## OA IS A PROGRESSIVE DISEASE AND IS OFTEN CLASSIFIED AS MILD, MODERATE OR SEVERE<sup>6-8</sup>



### MILD

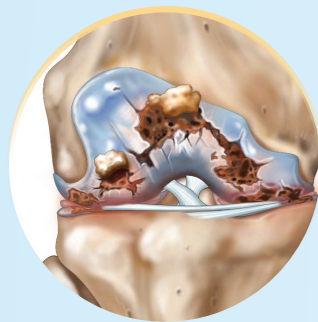
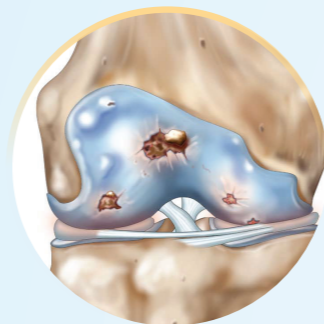
#### *Cartilage begins to wear down*

Symptoms are generally mild and may include occasional pain.

### MODERATE

#### *Cartilage continues to wear away*

Joint fluid may lose its ability to lubricate and cushion the knee. You may have more pain and difficulty in movement.



### SEVERE

#### *Areas of cartilage may totally wear away*

This causes bones to rub against each other and you may experience significant pain.

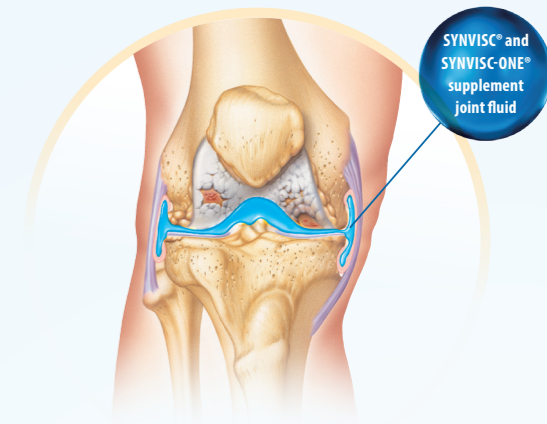
## WHAT ARE SYNVISC® (3 X 2mL) AND SYNVISC-ONE® INDICATED FOR?

Synvisc® (3 x 2mL) and Synvisc-One® are only intended for intra-articular (injection into the knee joint) use by a doctor to temporarily treat pain associated with osteoarthritis of the knee.<sup>1</sup>

## HOW DO SYNVISC® (3 X 2mL) AND SYNVISC-ONE® WORK?

Synvisc® (3 x 2mL) and Synvisc-One® are gel-like solutions containing hylans which have properties very similar to the natural materials (hyaluronic acid found in synovial fluid of healthy adults).<sup>1</sup>

Viscosupplementation containing Hyaluronic Acid, such as Synvisc® (3 x 2mL) and Synvisc-One®, helps to absorb shocks and lubricate your joint just like natural synovial fluid, helping to temporarily reduce pain and improve mobility.<sup>4</sup>



*Synvisc® (3 x 2mL) and Synvisc-One® supplement your joint fluid to temporarily relieve pain and improve lubrication and cushioning in your knee*

### *What do I need to know about Synvisc-One®?*

- ▶ A single 6mL injection of Synvisc-One® into the knee joint has been indicated to temporarily relieve pain and restore joint mobility.<sup>1</sup>
- ▶ Being active and regularly using the affected knee joint are an important part of treatment with Synvisc-One®.<sup>1</sup>
- ▶ Synvisc-One® is indicated for use in all stages of knee osteoarthritis.<sup>1</sup>

## WHAT DOES THE TREATMENT WITH SYNVISC® (3 X 2mL) OR SYNVISC-ONE® INVOLVE?

### *Treatment Procedure<sup>1</sup>*

- ▶ Your doctor will examine your knee.
- ▶ You will then receive an injection of Synvisc® (3 x 2mL) or Synvisc-One®:
  - Synvisc® (3 x 2mL) is a series of 3 injections, usually given one week apart.
  - Synvisc-One® is the same formulation, but given as a single injection.
- ▶ The injection takes a few minutes and can be given in your doctor's office.

### *What do I need to do after I receive a Synvisc® (3 x 2mL) or Synvisc-One® injection?<sup>9</sup>*

- ▶ Rest for the afternoon after the injection.
- ▶ Keep an ice pack on your knee for two to three hours.
- ▶ Follow your doctor's instructions as to when you can resume your normal activities.
  - Some patients may be able to resume normal activities the day after an injection (except for strenuous work or exercise).

## WHAT ARE THE POSSIBLE SIDE EFFECTS?<sup>1</sup>

Before receiving Synvisc® (3 x 2mL) or Synvisc-One® treatment, you should inform your doctor if you have any allergies to birds, feathers or eggs.

- ▶ The most common side effects involving the injected knee include short-lasting injection site pain and inflammation. This reaction is usually temporary, easing after a few days, and will not stop the Synvisc® (3 x 2mL) or Synvisc-One® injection from working.
- ▶ Rarely occurring side effects include rash, hives, itching, fever, nausea, headache, dizziness, chills and muscle cramps. Infections have been reported following intra-articular injections, however this is rare.

**Please consult your doctor immediately if symptoms persist or worsen, or if you have any concerns about your treatment.**

## WHAT SHOULD I EXPECT AFTER MY SYNVISC® (3 X 2mL) OR SYNVISC-ONE® INJECTION?




While some people experience relief from their symptoms within a few days, typically the maximum effect is felt between eight and twelve weeks after a Synvisc® (3 x 2mL) or Synvisc-One® injection.<sup>5</sup> While Synvisc® (3 x 2mL) and Synvisc-One® are not cures for OA of the knee, they can provide up to 12 months relief from symptoms.<sup>1,5,10</sup>

Consult your doctor if symptoms persist.



# HOW TO ORDER YOUR SYNVISC® (3 X 2mL) OR SYNVISC-ONE®

## PATIENT INSTRUCTIONS\*

-  Visit: [www.synvisc-one.com.au](http://www.synvisc-one.com.au) Password: **synvisc-one**  
or call **1800 355 929**
-  Provide your doctor's name and delivery address.  
You will be taken through the payment process.
-  Your Synvisc® (3 x 2 mL) or Synvisc-One® treatment will be delivered to the doctor in time for your next appointment, where you will receive your injection.

DOCTOR STAMP

\*Product can only be ordered after consultation with your doctor. This product must be administered by a Health Care Professional, and all orders placed will be delivered to a Health Care Professional.

**REFERENCES:** 1. Synvisc-One Product Insert. 2. Australian Institute of Health and Welfare 2014. Australia's health 2014. Australia's health series no.14. Cat. no. AUS 178. Canberra: AIHW. 3. Adams ME *et al.* The role of viscosupplementation with hylan G-F 20 (Synvisc) in the treatment of osteoarthritis of the knee: A Canadian multicenter trial comparing hylan G-F 20 alone, hylan G-F 20 with non-steroidal anti-inflammatory drugs (NSAIDs) and NSAIDs alone. *Osteoarthritis Cartilage* 1995; 3: 213–25. 4. Arnold W *et al.* Viscosupplementation: Managed Care Issues for Osteoarthritis of the Knee. *J Manage Care Pharm* 2007; 13(4 Suppl): S3-S20. 5. Wobig M *et al.* Viscosupplementation with Hylan G-F 20: A 26-Week Controlled Trial of Efficacy and Safety in the Osteoarthritic Knee. *Clin Ther* 1998; 20(3): 410–23. 6. Australian Institute of Health and Welfare 2005. Arthritis and musculoskeletal conditions in Australia, 2005. AIHW Cat. No. PHE67. Canberra: AIHW. 7. Pritzker KPH *et al.* Osteoarthritis Cartilage Histopathology: grading and staging. *Osteoarthritis Cartilage* 2006; 14(1): 13–29. 8. Taking Control of your Osteoarthritis. Arthritis Australia 2011. 9. Waddell D and Bricker DC. Hylan G-F 20 Tolerability With Repeat Treatment in a Large Orthopedic Practice: A Retrospective Review. *J Surg Orthop Adv* 2006; 15(1): 53–9. 10. Pal S *et al.* Long-Term (1-Year) Safety and Efficacy of a Single 6-mL Injection of Hylan G-F 20 in Indian Patients with Symptomatic Knee Osteoarthritis. *Open Rheumatol J* 2014; 8: 54–68. Synvisc® and Synvisc-One® are registered trademarks of Genzyme Corporation USA. sanofi-aventis australia Pty Ltd trading as Sanofi. Talavera Corporate Centre, Building D 12-24 Talavera Rd, Macquarie Park NSW 2113. Tel: +61 (0)2 8666 2000. Fax: +61 (0)2 8666 3000. SAANZ:HYL.14.11.0310. Date of approval: January 2015. AM5553.