

***It's More Than Joint Pain* Survey Fact Sheet**

Many people with severe osteoarthritis (OA) may think that their joint pain primarily impacts their physical health, but what they may not know is that joint pain also significantly impacts other aspects of health – how positive people feel and how focused and engaged they are in their lives and in the lives of others – that are also referred to as a person's emotional, mental and spiritual energy. To help patients realize just how much their joint pain affects all aspects of their lives, *DePuy Synthes Companies* is launching the *It's More Than Joint Pain* campaign.

Survey Reveals the Surprising Overall Life Impact of Joint Pain – It's More Than Just Physical

As part of *It's More Than Joint Pain*, an online survey conducted by Harris Poll on behalf of *DePuy Synthes Companies* found that people who have not treated their OA with joint replacement surgery fare worse than the general population and those who have had joint replacement on several aspects of health.

The survey of 2,626 U.S. adults, ages 45-75, found that one in two adults with OA who have not had joint replacement and whose joint pain negatively impacts various areas of their life say that basic physical activity is the area of their life most negatively impacted by their joint pain (50 percent). Other areas most negatively impacted by joint pain include ability to work (19 percent), and do chores or run errands (13 percent).

But it's not just the physical aspects of their lives that are impacted:

- Those with OA who have had joint replacement were more likely to be satisfied or very satisfied with their overall mental health (71 percent) than the OA group without joint replacement (64 percent)
- Adults with OA who have had joint replacement were more likely to say that their sense of purpose – which is related to spiritual health – guides them almost all the time or always in their daily life (46 percent) than those with OA who have not had joint replacement (38 percent)
- Adults with OA who have not had joint replacement were more likely to almost all the time or always be emotionally drained from things in their life they have no control over (13 percent) than people with OA who have had joint replacement surgery (7 percent)

With treatment, joint pain doesn't have to impact daily life:

- Nine out of 10 adults with OA who have had joint replacement surgery agreed that their lives have changed for the better after having joint replacement surgery (90 percent)
- Before joint replacement surgery, 70 percent of adults with OA said that the joint(s) they had replaced kept them from participating in activities they enjoy a great deal or quite a bit, compared to only 11 percent after surgery
- Adults with OA who have had joint replacement surgery were more likely to be satisfied with their quality of sleep (41 percent), ability to exercise on a regular basis (40 percent) and ability to accomplish goals such as traveling and pursuing hobbies (41 percent) than those with OA who had not undergone joint replacement surgery (29 percent, 33 percent, and 34 percent, respectively)
- 71 percent of adults with OA who have had joint replacement surgery wish they would have had their joint replacement surgery sooner

As part of the *It's More Than Joint Pain* campaign, *DePuy Synthes Companies* is launching an online resource, www.MoreThanJointPain.com, where adults living with joint pain can take a survey that will help assess the impact their joint pain may be having in all areas of their life and compare their answers to others who have undergone joint replacement surgery. Visitors to the site will also be given tips to help them manage their physical, emotional, mental and spiritual energy and be empowered to seek treatment options, which can lead to better overall health.

About the Survey

The survey was conducted online by Harris Poll on behalf of *DePuy Synthes Companies* between July 25 and August 19, 2014 among 1,087 U.S. adults ages 45-75 who have not been diagnosed with osteoarthritis (OA); 1,024 U.S. adults ages 45-75 who have been diagnosed with OA, experience OA in their knees and/or hips, and have not had joint replacement surgery; and, 515 U.S. adults ages 45-75 who have been diagnosed with OA, experience OA in their knees and/or hips, have had a knee and/or hip joint replacement, and do not currently experience severe pain in other joints. For complete research method, including weighting variables, please contact Deanna Ashikyan (310-309-1018).

Important Safety Information

The performance of hip or knee replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have these surgeries. Only an orthopaedic surgeon can determine if hip or knee replacement is necessary based on an individual patient's condition.

DePuy Synthes Companies

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