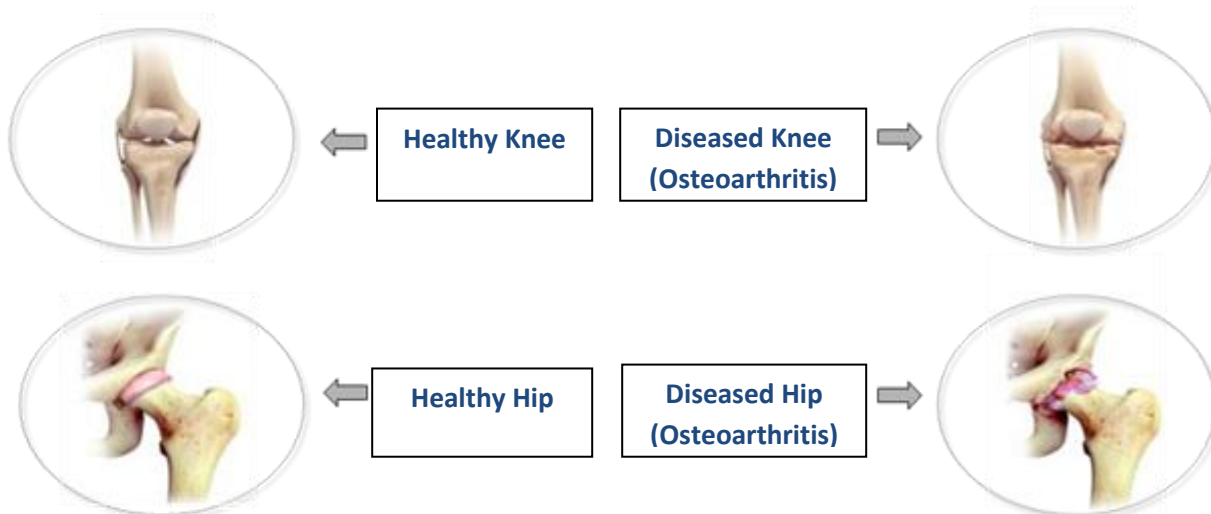


OSTEOARTHRITIS

Overview

Osteoarthritis (OA) is the most common form of arthritis and is a chronic condition characterized by the breakdown of joint cartilage, which causes the bones to rub against each other, leading to stiffness, pain and loss of joint movement.¹ It is estimated that one in every five adults in the U.S. has been diagnosed with some form of arthritis.² OA typically affects only certain joints, such as the hips, hands, knees, low back and neck.¹ The total annual cost of living with OA is approximately \$5,700 per person.¹



Symptoms & Diagnosis

Symptoms of OA usually begin to appear after age 40 and progress slowly; after age 50 women are more affected than men.¹ Symptoms include pain or stiffness in joints, a grating or “catching” sensation during joint movement and bony growths at the margins of affected joints.¹ Diagnosis of OA is typically based on medical history, physical examination, X-rays, MRI or laboratory tests.¹

Causes

Certain factors increase the risk of developing OA, including:¹

- Heredity
- Aging
- Being overweight
- Joint injury
- Repeated overuse of certain joints
- Lack of physical activity
- Nerve injury

Treatment Options

OA treatment varies with severity of symptoms and focuses on decreasing pain and improving mobility.¹ Mild to moderate OA can be managed with weight control and exercise; pain medications, such as acetaminophen or non-steroidal anti-inflammatory drugs (NSAIDs); corticosteroid or hyaluronic acid

injections (the latter are FDA approved only for use in the treatment of pain associated with knee osteoarthritis); dietary supplements, such as glucosamine and chondroitin sulfate; physical or occupational therapy to help reduce joint pain, stiffness and swelling.¹ Advanced OA can be treated with joint replacement surgery to relieve pain, improve mobility and help enable individuals to live full, active lives.³

In 2013, approximately 678,000 total knee replacements and 348,000 hip replacements were performed in the U.S.⁴

Disability in the Workplace

Arthritis is the nation's most common cause of disability, limiting the activities of 21 million Americans and causing one in three working-age adults (aged 18-65 years) to report work limitations.⁵ Arthritis and related conditions, such as OA, cost the U.S. economy nearly \$128 billion per year in medical care and indirect expenses, including lost wages and productivity.¹

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¹ Arthritis Foundation. Osteoarthritis Fact Sheet. http://www.arthritis.org/files/images/newsroom/Osteoarthritis_Fact_Sheet_from_AF-Final_12-10-09.pdf. Accessed August 2014.

² Arthritis Foundation. The Heavy Burden of Arthritis in the U.S. http://www.arthritis.org/files/images/AF_Connect/Departments/Public_Relations/Arthritis-Prevalence-Fact-Sheet--3-7-12.pdf. Accessed August 2014.

³ American Academy of Orthopaedic Surgeons. Preparing for Joint Replacement Surgery. <http://orthoinfo.aaos.org/topic.cfm?topic=A00220>. Accessed August 2014 .

⁴ 2013 Premier, Inc.

⁵ Centers for Disease Control and Prevention. Arthritis. <http://www.cdc.gov/nccdphp/publications/AAG/arthritis.htm>. Accessed August 2014.

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