

How to talk to your doctor about pain related to osteoarthritis (OA)

When pain limits your ability to do the things you want to do, you should talk with your doctor about available treatment options. The questions below will help guide a discussion with your doctor to determine if you may be suffering from OA. If you have already tried some treatment options to relieve your OA pain, ask if hyaluronic acid therapy may be appropriate for you.

Please place a check mark in the boxes, or write in the blank space provided to indicate your answers to the questions below:

1. Where are you experiencing pain?

2. How long have you been experiencing pain?

Less than 3 months

3 to 6 months

6 month to 1 year

More the 1 year

More than 3 years

3. Have you recently suffered an injury?

Yes

No

4. How would you rate your joint pain on a scale of 1 (no pain) to 10 (unbearable pain) when resting?

1

2

3

4

5

6

7

8

9

10

5. How would you rate your joint pain on a scale of 1 (no pain) to 10 (unbearable pain) with activity?

1

2

3

4

5

6

8

9

10

6. What daily activities are more difficult due to your joint pain? Check all that apply.

My joint pain does not affect my daily activities

Walking on level surfaces more than 100 yards

Going up and down stairs

Rising from a chair or getting out of a car

Standing and/or sitting

Sleeping through the night

Gripping objects or buttoning a shirt

Other _____

7. What treatments have you tried to help with your joint pain? Check all that apply.

Exercise or physical therapy

Over-the-counter pain medication (NSAIDS, acetaminophen, etc.)

Prescription pain medication (oral or topical)

Used a brace

Steroid injections

Other injections

Surgery

Other _____

8. Has your joint ever swelled up or become enlarged? If yes, how often?

No

Yes _____

9. Have you been diagnosed with osteoarthritis (OA) by a doctor or other healthcare professional?

No

Yes

Not Sure

10. What are your goals and expectations from treatment? _____

DUROLANE[®]
hyaluronic acid, stabilized single injection

DUROLANE[®] SJ
hyaluronic acid, stabilized single injection

In healthy joints, cartilage (a flexible connective tissue) and synovial fluid (a thick, gel-like liquid) provide the cushioning and lubrication your bones need to glide over each other properly. This helps reduce friction, absorb the shock of movement, and protect bones and other joints from injury and disease.

With osteoarthritis, cartilage begins to break down and the amount of hyaluronic acid (HA) within the synovial fluid decreases. HA is a natural substance in joint tissue and fluid that acts as a lubricant and shock absorber. OA has a negative effect on the properties of the joint fluid causing it to change and stop working properly.

The goals of treating OA are to manage pain, improve function, slow disease progression, and delay joint replacement or joint fusion surgery for as long as possible. This is where DUROLANE or DUROLANE SJ may help. Talk with your doctor to see if DUROLANE is right for you.

Notes for discussion with physician:

Summary of Indications for Use:

DUROLANE (3 mL): Symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been licensed for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, fingers and toes.

DUROLANE SJ (1 mL): Symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, fingers and toes.

Both DUROLANE and DUROLANE SJ are also indicated for pain following joint arthroscopy in the presence of osteoarthritis within 3 months of the procedure.

Full prescribing information can be found in product labeling, or at www.durolane.com.

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