

# SynoJoynt™

## 1% Sodium Hyaluronate

A Patient's Guide





## How do I know if I have osteoarthritis?

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- Swelling and pain in the joint
- Morning stiffness
- Loss of function
- Limited joint mobility
- Instability in the affected joint
- Your family history, age, and any knee injuries you may have had can all play a role in developing osteoarthritis of the knee

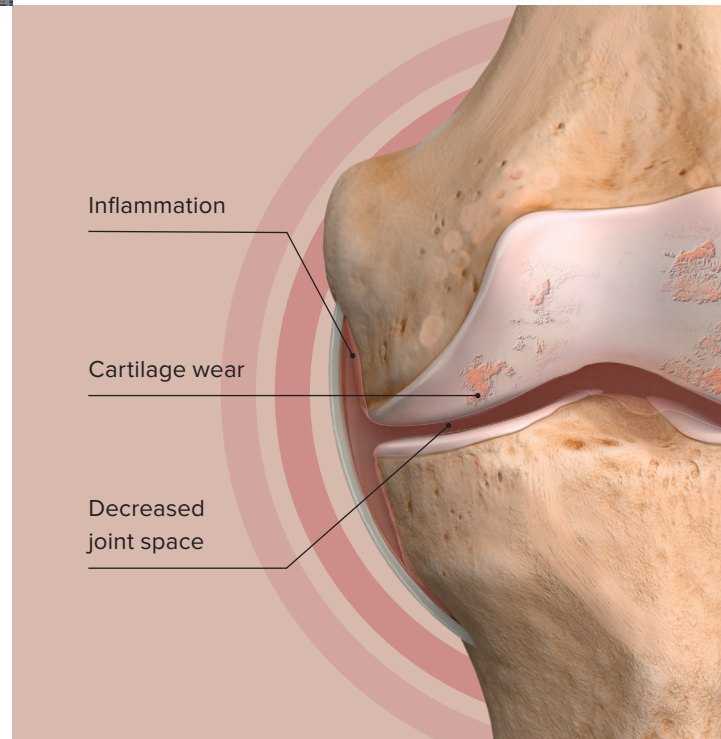
## About osteoarthritis

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Osteoarthritis is a degenerative disease that leads to inflammation, pain, swelling, and stiffness in the joint. Any joint in the body may be affected by the disease, but it is particularly common in the knee. Millions of people have this condition,<sup>1</sup> so if you have been diagnosed with it, you are not alone!

In patients with osteoarthritis, the cartilage in the knee joint gradually wears away, becoming frayed and rough, narrowing the joint space. This can lead to bone-on-bone rubbing that can produce pain, further damaging the cartilage and bone. The lubricating ability of the natural fluid in your knee diminishes, and the cartilage no longer cushions the joint as well as it once did.<sup>1</sup> This results in stiffness, swelling, and pain that can make walking difficult.

Although there is no definitive cure for osteoarthritis, there are treatment options like SynoJoynt™ 1% sodium hyaluronate that can mitigate pain and keep patients active.



Your physician may recommend SynoJoynt™ 1% sodium hyaluronate therapy for your osteoarthritis-related knee pain.

- Minimization of inflammation and pain
- Restoration of joint fluid
- Increase in joint function



## Why SynoJoynt™ 1% sodium hyaluronate?

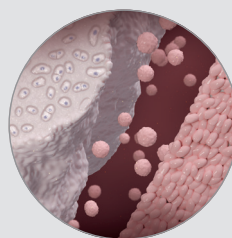
- Provides proven relief from the pain of mild to moderate knee osteoarthritis<sup>2</sup>
- 3 injections delivered 1 week apart provide up to 6 months of relief<sup>3</sup>
- Helps reduce your reliance on over-the-counter nonopioid painkillers and anti-inflammatories<sup>4</sup>
- Starting SynoJoynt treatment today could delay the need for knee replacement surgery later<sup>5</sup>
- SynoJoynt 1% sodium hyaluronate is covered by Medicare and most insurance plans

## What is hyaluronic acid?

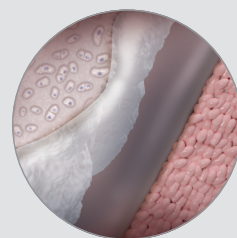
Hyaluronic acid is a gel-like substance that is naturally produced by the body. Hyaluronic acid is present in the skin, eyes, and within the synovial fluid lining joint spaces. Hyaluronic acid in the joint space acts as a lubricant and shock absorber, reducing pain and improving function. Products that contain hyaluronic acid may also go by other names, such as sodium hyaluronate.

SynoJoynt™ 1% sodium hyaluronate therapy can improve movement and, above all, reduce pain. SynoJoynt 1% sodium hyaluronate exerts a positive influence on the inflammatory processes in the joint and can delay the progression of osteoarthritis and the need for an artificial joint.

Treatment with SynoJoynt 1% sodium hyaluronate replaces the hyaluronic acid missing from the joint, improving the quality of the joint fluid.



Osteoarthritic joints exhibit inflammation and degeneration



SynoJoynt 1% sodium hyaluronate provides proven lubrication and pain relief for mild to moderate osteoarthritis



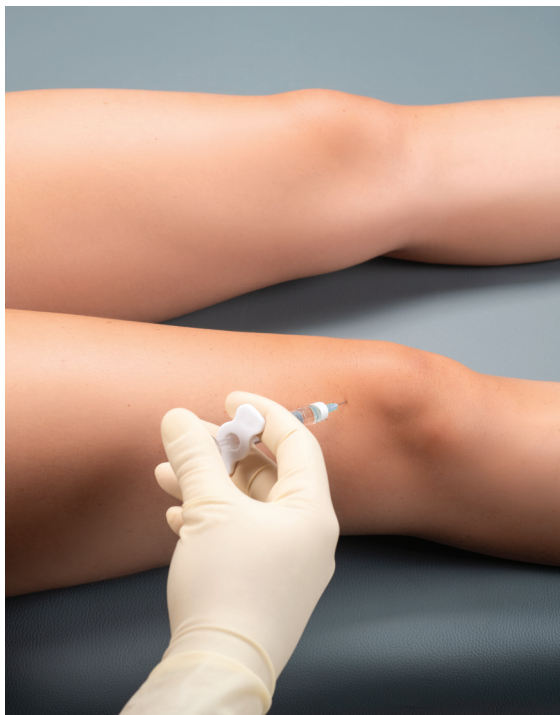


## SynoJoynt™ 1% Sodium Hyaluronate Treatment



After cleaning the injection area, your doctor will inject SynoJoynt 1% sodium hyaluronate into the joint space. If your knee is swollen with excess fluid, your doctor may inject a local painkiller and withdraw some of the excess fluid. X-ray or ultrasound visualization may sometimes be used but is often not necessary.

SynoJoynt 1% sodium hyaluronate is administered in 3 injections, 1 week apart to provide up to 6 months of pain relief.<sup>3</sup>



It is recommended you avoid prolonged weight-bearing and strenuous, high-impact activities and sports for 48 hours following your injection.

Speak to your physician about the appropriate time to resume all activities.

- **REST!** Following treatment, plan to rest for the remainder of the day
- **Keep your post-procedure appointment**, even if your recovery is going well



## Frequently Asked Questions

### **What should I expect from SynoJoynt™ 1% sodium hyaluronate treatment?**

SynoJoynt 1% sodium hyaluronate is intended to provide relief from your osteoarthritis knee pain when painkillers, exercise, and/or physical therapy have failed to give you adequate pain relief. SynoJoynt treatment, an FDA-approved hyaluronan-based viscosupplement, is a thick gel injection that acts like a lubricant and shock absorber in the knee joint. For many patients, SynoJoynt treatment can provide up to 6 months of relief from osteoarthritis knee pain.<sup>3</sup>

### **How is SynoJoynt 1% sodium hyaluronate therapy administered?**

Your physician will inject SynoJoynt 1% sodium hyaluronate into your knee.

### **How many injections will I receive?**

SynoJoynt treatment is administered in a convenient 3-injection regimen, with each injection given 1 week apart.

### **How long does the procedure take?**

The procedure is fast; the injection will be completed in under 10 minutes.

### **Can I go home after the procedure?**

Yes. This is an outpatient procedure.

### **Can I repeat my treatment with SynoJoynt 1% sodium hyaluronate?**

Consult with your physician to find out if you can benefit from repeated treatment, as well as when your next cycle of SynoJoynt treatment can begin.

### **Can I continue taking other medications when I'm being treated with SynoJoynt 1% sodium hyaluronate?**

SynoJoynt therapy has no known drug interactions. However, you should consult with your doctor before taking any other medications while undergoing SynoJoynt treatment.

### **What are the possible side effects with SynoJoynt 1% sodium hyaluronate therapy?**

Some side effects (also called reactions) may occur with SynoJoynt treatment. Symptoms such as temporary knee pain, inflammation, reddening, and swelling may appear at the injection site. If any of these symptoms appear after you received a SynoJoynt injection, please contact your doctor. Be aware that injection and recovery protocols may vary and any questions pertaining to the surgical procedure or postoperative protocol should be discussed with your doctor.

The information contained in this brochure is not medical advice and is not meant to be a substitute for the advice provided by a surgeon or other qualified medical professional on the use of these products. You should talk with your physician or health care provider for more information about your health condition and whether Arthrex products might be appropriate for you. The surgeon who performs any surgical procedure is responsible for determining and using the appropriate techniques for surgical procedures on each individual patient. Arthrex recommends that surgeons be trained on the use of any particular product before using it in surgery. A surgeon must always rely on their own professional medical judgment when deciding whether to use a particular product when treating a particular patient. A surgeon must always refer to the package insert, product label, and/or directions for use before using any Arthrex product. Postoperative management is patient-specific and dependent on the treating professional's assessment. Individual results will vary and not all patients will experience the same postoperative activity level or outcomes. Products may not be available in all markets because product availability is subject to the regulatory approvals and medical practices in individual markets. Please contact Arthrex if you have questions about the availability of products in your area.

## Indications and Important Safety Information

### Indication

SynJoyn<sup>™</sup> hyaluronate acid is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics (e.g., acetaminophen).

SynJoyn<sup>™</sup> hyaluronate acid is a sterile, non-pyrogenic, clear, viscoelastic solution of hyaluronan contained in a single-use prefilled syringe. SynJoyn<sup>™</sup> hyaluronate acid is a viscous solution of sodium hyaluronate in buffered physiological sodium chloride. Sodium hyaluronate is a high molecular weight fraction (approximately  $2.5 \times 10^6$  Daltons) of a natural complex sugar polymer consisting of the repeating disaccharide units Na-glucuronate-N acetylglucosamine.

### Important Safety Information

Before receiving SynJoyn<sup>™</sup> hyaluronate acid, tell your doctor if you are allergic to hyaluronan products, have an allergy to gram-positive bacterial proteins, or have an infection/skin disease in the area of the injection site.

The safety and effectiveness of SynJoyn<sup>™</sup> hyaluronate acid has not been established in pregnant women. It is not known if SynJoyn<sup>™</sup> hyaluronate acid is excreted in human milk. The safety and effectiveness of SynJoyn<sup>™</sup> hyaluronate acid has not been established in lactating women.

The safety and effectiveness of SynJoyn<sup>™</sup> hyaluronate acid has not been demonstrated in children (21 years of age or younger).

As with any viscosupplementation treatment, the patient should avoid any strenuous activities or prolonged (i.e. more than an hour) weight bearing activities within 48 hours following intra-articular injection.

## References

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2. Pagnano M, Westrich G. Successful nonoperative management of chronic osteoarthritis pain of the knee: safety and efficacy of retreatment with intra-articular hyaluronans. *Osteoarthritis Cartilage*. 2005;13(9):751-761. doi:10.1016/j.joca.2005.04.012
3. Concoff A, Sancheti P, Niazi F, Shaw P, Rosen J. The efficacy of multiple versus single hyaluronic acid injections: a systematic review and meta-analysis. *BMC Musculoskelet Disord*. 2017;18(1):542. doi:10.1186/s12891-017-1897-2
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