

### What other treatments are available?

If you have osteoarthritis, there are several things you can do besides getting a Gel-One Hyaluronate injection. These include:

- Avoiding activities that cause you pain
- Exercise
- Physical therapy
- Weight loss
- Removal of excess fluid of the knee
- Pain-medications
- Drugs that reduce inflammation, such as aspirin and other non-steroidal anti-inflammatory agents (NSAIDs)
- Corticosteroids that are injected directly into your knee



### What are possible side effects from treatment with Gel-One?

Common side effects (also called reactions) are sometimes seen with viscosupplementation procedures of the knee joint. These can include: transient knee pain; swelling; and/or fluid build-up around the knee. These reactions are generally mild and do not last long. Reactions are generally treated by resting and applying ice to the injected knee. If any of these symptoms or signs appear after you are given Gel-One or if you have any other problems, you should call your doctor.

### When can I expect pain relief?

Even though every patient responds differently to the treatment, a medical study showed that some patients experienced significant pain relief in as little as three weeks after the injection of Gel-One Hyaluronate<sup>1</sup>.

### How do I get more information about Gel-One Hyaluronate?

To learn more about Gel-One Hyaluronate and to see if it is the pain relief option that is right for you, please visit:

[GelOne.zimmerbiomet.com](http://GelOne.zimmerbiomet.com)

or call 1-800-447-5633



ZIMMER BIOMET

Your progress. Our promise.®

#### Reference:

1. V. Strand, et al. A multicenter, randomized controlled trial comparing a single intra-articular injection of Gel-200, a new cross-linked formulation of hyaluronic acid, to phosphate buffered saline for treatment of osteoarthritis of the knee. *Osteoarthritis and Cartilage*; 2012 (20), 350-356.

#### Indications For Use:

Gel-One Hyaluronate is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to non-pharmacologic therapy, non-steroidal anti-inflammatory drugs (NSAIDs) or simple analgesics, e.g., acetaminophen.

#### Important Safety Information:

Before using Gel-One Hyaluronate, tell your doctor if you are allergic to hyaluronan products, cinnamon, or products from birds such as feathers, eggs, and poultry. Gel-One Hyaluronate is only for injection into the knee, performed by a doctor or other qualified health care professional. You should not receive Gel-One Hyaluronate injection if you have a skin disease or infection around the area where the injection will be given. Gel-One Hyaluronate has not been tested to show pain relief in joints other than the knee and for conditions other than OA. Gel-One Hyaluronate has not been tested in patients who are pregnant, mothers who are nursing, or anyone under the age of 21. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous or pro-longed weight-bearing activities after treatment. The effectiveness of repeat treatment cycles of Gel-One Hyaluronate has not been established. The side effects most commonly seen after injection of Gel-One Hyaluronate in the clinical trial were knee pain, swelling, and/or fluid build-up around the knee. These reactions are generally mild and do not last long. If any of these symptoms or signs appear after you are given Gel-One Hyaluronate or if you have any other problems, you should call your doctor. Ask your surgeon if you are a candidate and discuss potential risks. For additional information, call 1-800-447-5633, or visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com).

Gel-One® is a registered trademark of Seikagaku Corporation

Gel-One®  
Cross-linked Hyaluronate



Improving quality of life.



ZIMMER BIOMET

Your progress. Our promise.®



## Gel-One Hyaluronate

Hyaluronate injections have been available in the US for a number of years, but only Gel-One® Hyaluronate delivers a complete treatment course using a highly purified, 3 mL, single injection. Gel-One Hyaluronate, made from sodium hyaluronate (hyaluronan), offers the following important benefits.

- **Convenience of a single injection**
- **Safe, effective, and complete treatment volume of 3 mL**
- **Supplements the natural hyaluronate responsible for lubrication and cushioning in the knee joint**

Hyaluronan is a natural substance found in the human body and is present in high amounts in synovial joints. The body's own hyaluronan acts like a lubricant and shock absorber in the joint and is needed for the joint to work properly. The hyaluronan used to make Gel-One comes from chicken combs and is highly purified.

### Is Gel-One Hyaluronate right for me?

Gel-One Hyaluronate is used to relieve knee pain due to osteoarthritis. Osteoarthritis is a disease that typically worsens over time, so it is common for treatment to involve more than one approach and to change over time. Gel-One Hyaluronate is used for patients who have failed to respond adequately to non-pharmacological therapy, non-steroidal anti-inflammatory drugs (NSAIDs), or simple analgesics, e.g., acetaminophen.

### Clinical study<sup>1</sup>

A clinical study involving 377 patients with knee pain due to OA was performed in the United States. The study investigated the safety and effectiveness of Gel-One Hyaluronate treatment. Patients with osteoarthritic knee joint pain, who had not obtained pain relief with other medications, received either an injection of Gel-One Hyaluronate or saline control (salt water) into the knee joint. Pain of the knee joint was measured at various times over 13 weeks. The patients given Gel-One treatment had more pain relief than the patients given a saline solution for up to 13 weeks after the injection.

### What is viscosupplementation?

Synovial fluid, containing hyaluronan, is a naturally occurring lubricant or cushion present in your knee joint that helps your knee joints work efficiently and reduce friction. Synovial fluid properties degenerate in the early stages of osteoarthritis. As this breakdown occurs, joints can become painful. Fortunately, there is a treatment available that injects supplemental hyaluronate into the knee.

### What do I need to do after I get Gel-One Hyaluronate?

You should be able to resume most of your normal daily activities almost immediately after you receive the injection. However, you should avoid any strenuous activities (such as jogging, tennis, heavy lifting or other active sports) and prolonged weight bearing activities



(such as standing on your feet for more than one hour) for 48 hours after treatment. Please talk with your doctor for specific questions relating to your knee.

### What is causing my knee pain?

If your knees ache, they have lots of company. Over 46 million Americans suffer from osteoarthritis. Osteoarthritis of the knee is the most common type, and the way it affects the knee is painfully simple.

Three bones meet up at the knee joint: the end of the thigh bone (femur), the top of the shin bone (tibia), and the knee cap (patella). Those bones are cushioned by synovial fluid and cartilage.

Osteoarthritis causes the lubricating properties of the synovial fluid in the knee joint to diminish, resulting in less protection and cushioning. In addition, osteoarthritis results in damage to the cartilage resulting in pain. You may feel pain climbing stairs, working in the garden, walking or just bending your knees to sit. It may even keep you up at night.

Together, you and your doctor can determine the best treatment options for you. The good news is knee osteoarthritis pain can be treated.



The healthy knee



Osteoarthritic Knee with Gel-One Treatment