What does treatment with Synvisc-One involve?

**Treatment Procedure**

- Your doctor will examine your knee and remove any diseased and extra synovial fluid if necessary.

- You will then receive an injection of Synvisc-One.

What do I need to do after I receive a Synvisc-One injection? ⁹

- Ask somebody to drive you home and then rest for approximately 24 hours.

- Keep an ice pack on your knee for two to three hours.

- Avoid putting excessive pressure or strain on your knee for 48 hours after injection i.e. no sporting activities.

- Follow your doctor’s instructions as to when you can resume your normal activities; this is usually within a few days.

Your doctor has recommended treatment with Synvisc-One® (Hylan G-F 20). Synvisc-One® is a form of treatment called viscosupplementation. This is a term to describe an injection that replaces damaged joint fluid with a substance similar to healthy joint fluid in order to reduce pain. ¹

What is causing my symptoms?

In a healthy joint, synovial fluid protects the joint by absorbing shocks and lubricating the moving surfaces. ⁴ When you have OA, the synovial fluid loses this ability to protect the joint effectively. ⁵ As a result, the covering on the end of the bones (cartilage) can break down becoming worn and frayed. ⁶ This can lead to symptoms such as use-related pain, stiffness and loss of movement. ⁴ The symptoms vary from person to person and cause different degrees of incapacity. ⁶
OA is a progressive disease and is often classified as mild, moderate and severe.6,7,8

What is Synvisc-One indicated for?
Synvisc-One is only intended for intra-articular (injection into the knee joint) use by a doctor to treat pain associated with osteoarthritis of the knee.1

How does Synvisc-One work?
Synvisc-One is a gel like solution containing hylans which have properties very similar to the natural materials (hyaluronic acid found in synovial fluid of healthy adults).1 Viscosupplementation containing Hyaluronic Acid such as Synvisc-One, helps to absorb shocks and lubricate your joint just like natural synovial fluid, helping to reduce pain and improve mobility.4

What do I need to know about Synvisc-One?
• A single 6ml injection of Synvisc-One into the knee joint has been indicated to relieve pain and restore joint mobility.1
• Being active and regularly using the affected knee joint are an important part of treatment with Synvisc-One.1
• Synvisc-One is indicated for use in all stages of knee osteoarthritis.1

Data obtained using Synvisc® (3 x 2ml) injection.
What are the possible side effects? 1

Before receiving Synvisc-One treatment, you should inform your doctor if you have any allergies to birds, feathers or eggs.

The most common adverse events involving the injected knee include short lasting injection site pain and inflammation.

This reaction is usually temporary easing after a few days, and will not stop the Synvisc-One injection from working.

Please consult your doctor immediately if symptoms persist or worsen, or if you have any concerns about your treatment.

Rarely occurring side effects include rash, hives, itching, fever, nausea, headache, dizziness, chills and muscle cramps.

Infections have been reported following intra-articular injections, however this is rare.

What should I expect after my Synvisc-One injection?

While some people experience relief from their symptoms within a few days, typically the maximum effect is felt between eight and twelve weeks after a Synvisc-One injection. 2 While Synvisc-One is not a cure for OA of the knee, it can provide up to six months relief from symptoms. 1,2

Data obtained using Synvive® 3 (3x2ml) injection.

PATIENT INSTRUCTIONS* 3

1800 355 929

Provide your doctor’s name and delivery address. You will be taken through the payment process.

Your Synvisc-One treatment will be delivered to the doctor in time for your next appointment, where you will receive your injection.

* Product can only be ordered after consultation with your doctor.

Synvisc-One® is a registered trademark of Genzyme Corporation USA. sanofi-aventis australia pty ltd trading as Sanofi. Talavera corporate centre, Building D 12-24 Talavera Rd, Macquarie Park NSW 2113. Tel: + 61 (0)2 8666 3000. AU.HYL1.12.04.002

Why does your knee hurt? Treatmen treatment for pain associated with osteoarthritis of the knee

Information booklet and patient support program enrolment form for patients diagnosed with knee osteoarthritis and to be treated with Synvisc-One.
The Synergy program, specifically designed for people using Synvisc One® to treat pain and discomfort associated with osteoarthritis of the knee, gives you:

• access to nurse support via free call 1800 813 445
• a support kit with treatment aids
• information about osteoarthritis and Synvisc One therapy

As someone with osteoarthritis (OA) of the knee, you know only too well the pain and impact OA symptoms can have on your life.

Osteoarthritis is the most common form of arthritis and is often described as a degeneration of the cartilage that lines the ends of the bones where they meet to form joints. OA is not a direct result of aging; however, the wear and tear that comes with aging can lead to the development of OA. When the joint is affected, mobility can be restricted, making tasks such as getting up and down stairs, rising from a chair or bed, and walking very painful and difficult.

While there is no cure for osteoarthritis, there are a number of treatments and pain management strategies that can help to relieve pain and improve function. It is a good idea to discuss your treatment options with your healthcare provider, who can help you decide which is best for you.

The Synergy program provides ongoing support and education to help you understand the disease process and available treatment options, including medication management, physical therapy, and lifestyle changes.

JOIN SYNERGY PATIENT SUPPORT

Osteoarthritis is the most common form of arthritis and can affect anyone at any age. When the joint is affected, mobility can be restricted, making tasks such as getting up and down stairs, rising from a chair or bed, and walking very painful and difficult.

What is OA?

Osteoarthritis (OA) is a chronic condition that affects the cartilage and bones in the joints. It is one of the most common forms of arthritis and can occur in any joint in the body.

Symptoms of OA

Symptoms of OA can vary from person to person and can range from mild to severe. Common symptoms include:

• Pain:OA pain is typically worse with movement and can be relieved with rest.
• Stiffness:Joint stiffness is often worse in the morning and can improve with activity.
• Swelling:Sometimes the joint may feel slightly more swollen or tender.

Treatment Options

There is no cure for OA, but there are a number of treatments and pain management strategies that can help to relieve pain and improve function. It is important to talk to your healthcare provider about your treatment options, as they can help you decide which is best for you.

Medication

Medication options for OA include:

• Nonsteroidal anti-inflammatory drugs (NSAIDs):These can help to reduce pain and inflammation.
• Corticosteroids:These are injected directly into the joint to reduce inflammation.

Physical Therapy

Physical therapy is often recommended for OA, as it can help to improve joint mobility and reduce pain. It involves a combination of exercises and stretches.

Lifestyle Changes

Lifestyle changes can also help to reduce OA pain and improve joint function. These include:

• Maintaining a healthy weight:Excess weight can put extra strain on your joints.
• Regular physical activity:Activities such as swimming and cycling can help to strengthen muscles and improve joint mobility.

The Synergy program provides ongoing support and education to help you understand the disease process and available treatment options, including medication management, physical therapy, and lifestyle changes.

WHAT YOU WILL RECEIVE

On THE SYNERGY PROGRAM

• Welcome pack
  • Introduction letter
  • Newsletter
  • Hot/cold gel pack

Optional SMS or email appointment reminders

Synergy nurse support call at your convenience

•  Packed with information and lifestyle resources

Month 1

Newsletter

• Packed with information

Week 1

Months 6 and 9

Month 5

Synergy nurse support call at your convenience

Welcome pack

• Introduction letter
• Newsletter
• Hot/cold gel pack

Optional SMS or email appointment reminders

Privacy Statement:

Atlantis Healthcare (Australia) Pty Ltd (‘Atlantis’) complies with the Privacy Act 1988 (Cth) (‘Privacy Act’) to ensure that your personal information is protected. Atlantis will collect and use your personal information to enrol you in and administer the Synergy program on behalf of sanofi-aventis australia pty ltd (‘Sanofi’), including providing you with materials and services you request, contacting you for follow-up purposes related to the program and reporting Adverse Events to Sanofi. If you provide your email address on this form, you also consent to Atlantis using your email address to contact you for any of these purposes. Atlantis will maintain the confidentiality of your personal information and will only use that information to provide services related to this program. Atlantis may use information that it collects as part of the Synergy program in a de-identified form to advise healthcare professionals of patient experiences with Synvisc One, including via publication in medical journals and presentations at clinical meetings, or to report Adverse Event information as required by law. If you contact the Operations Manager, please allow us to access personal information it holds about you as required by law.

Unless you inform us otherwise, by submitting this form, you consent to Atlantis and Sanofi collecting, using and disclosing your personal information in this way. If you do not provide the information to us, we will be unable to enrol you in the Synergy program, although you will still be able to call Sanofi on 1800 818 806 if you have any queries directly related to Synvisc One. You are able to withdraw from the Synergy program at any time by advising us in writing at Synergy, PO Box 6450, Alexandria NSW 2015.