

## **Fighting Osteoarthritis: The Power of Glucosamine and Chondroitin**

It has been suggested that the combination of glucosamine and chondroitin sulfate may aid in the management of joint pain, particularly knee pain. Among patients with knee osteoarthritis (OA), long-term use of glucosamine/chondroitin sulfate appears to prevent changes in joint structure and significantly improve arthritis symptoms.



In a recent study involving 93 patients with knee osteoarthritis, a treatment group received preparations of a glucosamine/chondroitin sulfate compound twice a day orally. A control group was given a placebo for comparison, and the two groups were evaluated at baseline and every two months for six months. In addition to physical examinations and functional status questionnaires, x-rays of each patient's knees were taken and evaluated.

A significant improvement was noted in patients with mild or moderate OA in the treatment group, although patients with severe OA did not show significant improvements. The authors note that this study is the first of its kind in the United States, and that their findings suggest that preparations containing glucosamine, chondroitin sulfate and manganese may be effective for the treatment of mild to moderate OA of the knee.

If you suffer from osteoarthritis, talk to your doctor about the most effective ways to manage your condition.

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