DUROLANE is the original single injection designed to relieve painful osteoarthritis (OA) in the knee, ankle, toe and hip joint. If you have any further questions after reading this brochure you should talk to your doctor.

What is OA?
OA is often referred to as ‘degenerative joint disease’ and usually develops slowly, over a period of years. It is a very common disease — 6% of adults aged 30 and above have frequent knee pain. Over time, the cartilage on the surface of the joint starts to get damaged and wear away and this causes pain and stiffness in the joint.

What is hyaluronic acid (HA)?
HA is a molecule found naturally throughout the human body. It is an important component of the joint fluid (synovial fluid). The synovial fluid allows joints to move easily and freely while also absorbing the shock during activity. In a healthy joint, the joint fluid helps to protect bones and other joint tissues from injury and disease.

Why is HA important in OA?
The HA in your joint tissues is continuously broken down and replaced over time. During the slow progression of OA, the HA is broken down faster than it is replaced in the joint tissues. This has a negative effect on the properties of the joint fluid causing it to change and stop working properly.

What is DUROLANE?
DUROLANE is the original single-injection treatment designed to relieve the pain in your OA joint. It may help bring back some of the life you remember — pain free and flexible.

How does DUROLANE work?
DUROLANE is a stabilized non-animal HA. It is the only HA product that uses advanced and unique NASHA® technology. This means that the HA is natural, safe, and is highly concentrated. DUROLANE is made of the natural HA exactly as the HA in the joint fluid.

How long does DUROLANE last?
DUROLANE effectively relieves OA pain and restores function for up to six months.1,2,3

Is there any reason why I couldn’t have a DUROLANE injection?
There are no known contraindications with DUROLANE. This means that in principle there are no restrictions to receive a DUROLANE injection to treat your OA pain. However the treatment that you receive will be decided between you and your doctor.

What treatment options are available? Is DUROLANE right for me?
You should talk to your doctor about the treatment options available for your specific circumstance. The more information you can give your doctor about how you feel and what you can (and can’t) do, the more effective your knee, ankle, finger, toe and hip OA treatment plan will be. When talking to your doctor, follow the tips below and try to make your descriptions as thorough as possible. It may help to write down some observations that you can bring to the appointment.

• Describe your knee, ankle, finger, toe and hip pain in detail. Are there certain areas that hurt more than others? Does this happen at certain times of the day?
• Discuss the effects on your lifestyle. Do any specific activities cause your knee, ankle, finger, toe and hip pain or discomfort, such as working, exercising, gardening, golfing, etc?
• Tell your doctor about how you’ve adjusted your lifestyle to compensate for your knee, ankle, finger, toe and hip joint pain and the results.
• Be sure to mention any medications or treatments you have used to relieve your knee, ankle, finger, toe and hip pain. Did you notice any difference? Were there any side effects?

Why do you feel pain?
Bones: Start to grow bony spurs called ‘osteophytes’ that restrict movement and cause pain
Joint capsule: The tissue can become thick and swollen, and sometimes inflamed
Cartilage: As it becomes degraded, bones are shown to get closer together on X-Rays and movement becomes more difficult over time
Joint fluid: Joint fluid becomes degraded and less viable to perform its functions
How do I know if I have knee/ankle/finger/toe or hip OA?

Your doctor will diagnose you but you can help understand your pain better by filling out the self-assessment questions below.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>I frequently experience stiffness in my knee/ankle/finger/toe/hip after resting or when I wake up</td>
<td></td>
</tr>
<tr>
<td>My knee/ankle/finger/toe/hip is tender or sore after overuse</td>
<td></td>
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<tr>
<td>I feel pain in my knee/ankle/finger/toe/hip when I move</td>
<td></td>
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<tr>
<td>I feel pain in my knee/ankle/finger/toe/hip even when I am not active</td>
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<tr>
<td>Getting up from a chair, out of a car, or going up or down stairs is difficult</td>
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<tr>
<td>I hear a cracking sound in my knee/ankle/finger/toe/hip when I move</td>
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<tr>
<td>I experience a grating feeling in my joints when I move</td>
<td></td>
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<tr>
<td>The area around my knee/ankle/finger/toe/hip is red and swollen</td>
<td></td>
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<tr>
<td>I am unable to do or enjoy certain activities because of pain or stiffness in my knee/ankle/finger/toe/hip</td>
<td></td>
</tr>
<tr>
<td>I feel less coordinated due to pain or stiffness in my knee/ankle/finger/toe/hip</td>
<td></td>
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<tr>
<td>I have noticed that the muscles close to my painful joint are not as strong as they used to be</td>
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</tbody>
</table>

If any of the above statements apply to you, you should see a doctor to get diagnosed. If OA is detected early – or at least earlier – then patients can get treatment sooner and treatment progress could be better monitored, potentially leading to better outcomes.6

Will DUROLANE help relieve pain in my joint after arthroscopy?

DUROLANE is indicated for pain following joint arthroscopy within 3 months of the procedure.

How long after joint arthroscopy should DUROLANE be used?

DUROLANE should be used within 3 months of the procedure.

References

Summary of Indications for Use

DUROLANE (3ml): 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 (1ml): 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.

Product codes: DUROLANE (3ml) 1082013, DUROLANE SJ (1ml) 1082018

www.durolane.com

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DUROLANE
hyaluronic acid, stabilized single injection

A safe¹ and effective single injection treatment⁶

Pain relief following joint arthroscopy and from osteoarthritis in your …