

Life isn't a spectator

sport. It's a game
you need to *play.*

Have real impact on knee pain
with joint fluid treatment.

ORTHO
VISC[®]
HIGH MOLECULAR WEIGHT HYALURONAN



never stop moving™


Mitek Inc.
a *Johnson & Johnson* company

Know the facts about treating osteoarthritis (OA) of the knee.

Myth #1: There's nothing I can do about my osteoarthritis (OA) of the knee. I'll just have to learn to live with the pain.

Fact: Living in pain is not an inevitable part of OA of the knee. There is no cure for OA of the knee, but its symptoms can be managed, particularly if treated early. Various treatments exist, including non-surgical and non-drug options, such as ORTHOVISC[®], which provides up to 6 months of knee pain relief.

Myth #2: If I have OA of the knee, I can no longer have an active lifestyle.

Fact: With the right treatment, there is no reason why you cannot continue to enjoy the activities you love most. It is crucial that you talk to your doctor about the pain you are feeling so you can get the relief you need.

Myth #3: Even if I do get pain relief, it's just temporary. It will always come back again.

Fact: Non-surgical treatments exist that can provide pain relief for up to 6 months. Talk to your doctor for more information.

Myth #4: I don't need an injection — that's only for severe arthritis.

Fact: Injections are not reserved for those with severe pain. ORTHOVISC[®] is injected into the knee joint where it acts to replace your natural joint fluid, to help cushion, protect, and lubricate your knee.

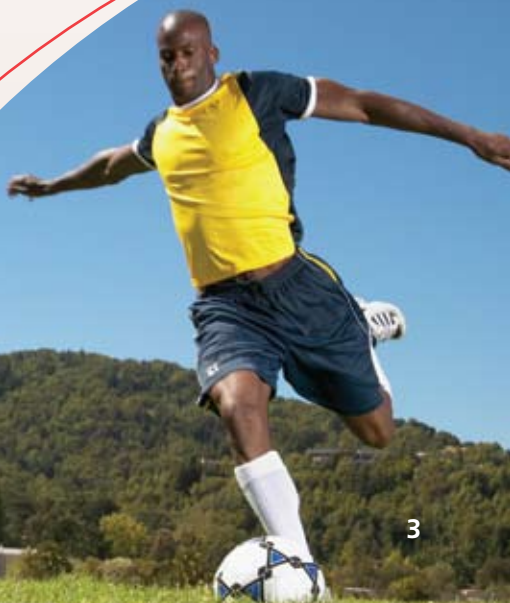
Myth #5: I've tried over-the-counter and prescription pain relievers and steroid injections. There's no other choice for me now but surgery.

Fact: It can be frustrating to not get the pain relief you need. Know that there is a non-surgical option that may work for you. ORTHOVISC[®] is an FDA-approved, non-drug therapy that can provide up to 6 months of knee pain relief. ORTHOVISC[®] is injected into the knee joint and acts to cushion, protect and lubricate the knee. Talk to your doctor to see if ORTHOVISC[®] is right for you.

With OA of the knee, your knee's natural lubricant starts to break down.

Think of joint fluid — hyaluronic acid — as the knee's shock absorber. If there's less of it around or it's not working properly, you start to feel more pain and discomfort when you move your knee. Over time, as joint fluid continues to break down, cartilage wears away and bones may even start to rub against each other, causing increased pain and swelling. OA of the knee can limit movement and restrict you from doing what you enjoy most.

OA of the knee is usually caused by excess wear and tear on the knee joints as a result of aging or a joint injury. Being overweight, living a non-active lifestyle, and heredity can also play a role. Although it most often affects those over 45, OA of the knee can also affect people early in life.



Early action is the key to staying active.

OA of the knee affects everyone differently — your symptoms may be mild or very severe. The pain you feel may not be related to how severe your disease is. So, you can have mild OA of the knee, but be in severe pain. What's important is that you monitor how much pain you are in and talk to your doctor if you are not getting the relief you need.

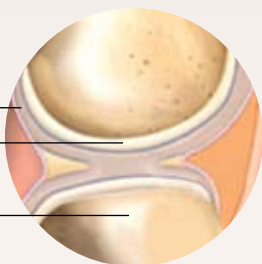
Healthy knee

Healthy joint fluid cushions and lubricates your knees

Joint fluid

Cartilage

Bone

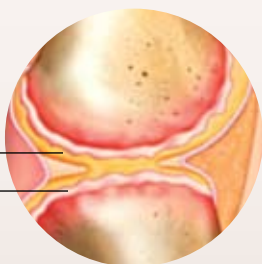


Mild to moderate OA

As OA progresses, healthy joint fluid begins to break down

Unhealthy joint fluid

Eroded cartilage



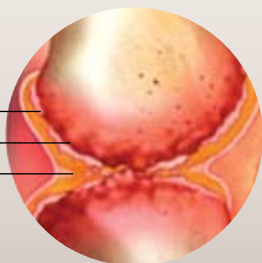
Severe OA

Without healthy joint fluid, your knees become sore and swollen

Damaged cartilage

Bone spurs

Scarce synovial fluid



Find the treatment that's right for you.

The right treatment will depend on how much pain you are feeling and what has or has not worked for you in the past. It is key that you speak to your doctor about your options. Treatments to consider:

Lifestyle & exercise

- *Physiotherapy and knee exercises*
- *Weight reduction*
- *Massage and acupuncture*

Over-the-counter (OTC) pain relievers

- *Acetaminophen (TYLENOL*)*
- *Glucosamine and other Nutraceuticals*

Prescription pain relievers

- *Celebrex,* Voltaren,* Ultram ER* and others*

Drugs that treat inflammation

- *Non-steroidal anti-inflammatory drugs (NSAIDs), and ibuprofen (MOTRIN*)*
- *Corticosteroids injected into the knee joint*

Joint fluid treatment

- *Hyaluronic acid (natural joint fluid) injections into the knee joint, such as ORTHOVISC®*

*TYLENOL® is a registered trademark of McNeil-PPC, Inc. 1998-2010.

*Celebrex® is a registered trademark of Pfizer Inc.

*Voltaren® is a registered trademark of Novartis Pharmaceuticals Corporation.

*Ultram ER® is a registered trademark of Ortho-McNeil, Inc.

*MOTRIN® is a registered trademark of McNeil-PPC, Inc. 1997-2010.

ORTHOVISC[®] is a non-surgical treatment that replaces your knee's natural joint fluid.

If you have tried pain relievers and they are not giving you enough relief, know that there is more you can do to help manage your knee pain and restore movement.

ORTHOVISC[®] (High Molecular Weight Hyaluronan) is an FDA-approved, non-drug therapy made from ultra-pure natural hyaluronan. It restores the natural joint fluid (hyaluronan) that cushions, protects and lubricates your knee joint. With better cushioning, your knee can move and function better. ORTHOVISC[®] contains the highest amount of hyaluronan available per injection and is free of any additives.¹

Treatment with ORTHOVISC[®]



Your doctor may want to recommend a 4th injection at Day 22.

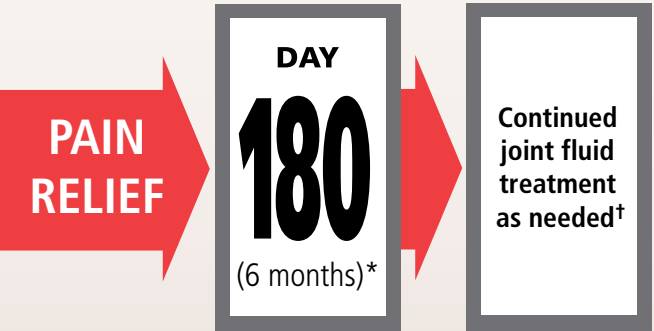
*Individual results may vary; clinical studies have shown 3 consecutive ORTHOVISC[®] injections resulted in symptom relief for up to 6 months.

†Only your doctor can determine what course of treatment is right for you.

ORTHOVISC® — for up to 6 months of knee pain relief.

ORTHOVISC® is the only non-avian sourced viscosupplementation with lasting efficacy for up to 6 months. ORTHOVISC® is derived from bacterial cells.

ORTHOVISC® is given as an injection into your knee joint (administered by a health professional) once a week for 3-4 consecutive weeks. After 3-4 injections, studies have shown pain relief that lasts for up to 6 months.² Although individual results vary, some people feel relief after the first injection. Talk to your doctor and determine the number of ORTHOVISC® injections that are right for you.



Frequently asked questions about ORTHOVISC®.

Is ORTHOVISC® right for me?

If knee pain is keeping you from doing what you love and you've tried other treatments (OTC and prescription pain relievers, exercise, physical therapy, corticosteroid injections) and nothing seems to work or is no longer effective, ORTHOVISC® may be right for you. Only your doctor can determine what treatment may be best for you.

How quickly can I expect pain relief and how long will it last?

With just 3-4 consecutive, weekly injections, ORTHOVISC® can provide up to 6 months of knee pain relief. Everyone responds differently, but some people experience pain relief after the first injection.

Can I receive ORTHOVISC® in my doctor's office?

Yes. ORTHOVISC® is given by a trained healthcare professional and can be given in his/her office.

Are there any special treatment instructions?

If you have any known allergies, you should talk to your doctor to determine if you can take ORTHOVISC®. For the first 48 hours after each injection, it is recommended that you avoid strenuous activities (e.g., jogging, tennis, heavy lifting).



Are there any side effects?

The most commonly reported adverse events are joint pain, back pain and headache. Others include temporary pain at the injection site. ORTHOVISC® should not be given to patients with infections or skin diseases in the area of the injection site.

Will ORTHOVISC® affect any other medications I may be taking?

Talk to your doctor about all the medications you are currently taking. Your doctor must know your medical information to make the best decision about your treatment plan.



How often can ORTHOVISC® be injected into my knee?

The number of courses/injections is a decision you and your doctor need to make. Studies show that retreatment with ORTHOVISC® is safe following the initial 6-month treatment period. Consult your insurance provider to find out about coverage for any retreatments you may receive.

Will my insurance cover ORTHOVISC®?

Most insurance carriers cover ORTHOVISC®. For more information, call our reimbursement hotline at 1-866-633-VISC (8472).

How can I find out more about ORTHOVISC®?

Talk to your doctor to see if ORTHOVISC® is the right choice for you. To learn more about ORTHOVISC® and for free downloadable tools, visit www.ORTHOVISC.com or www.go123ov.com.



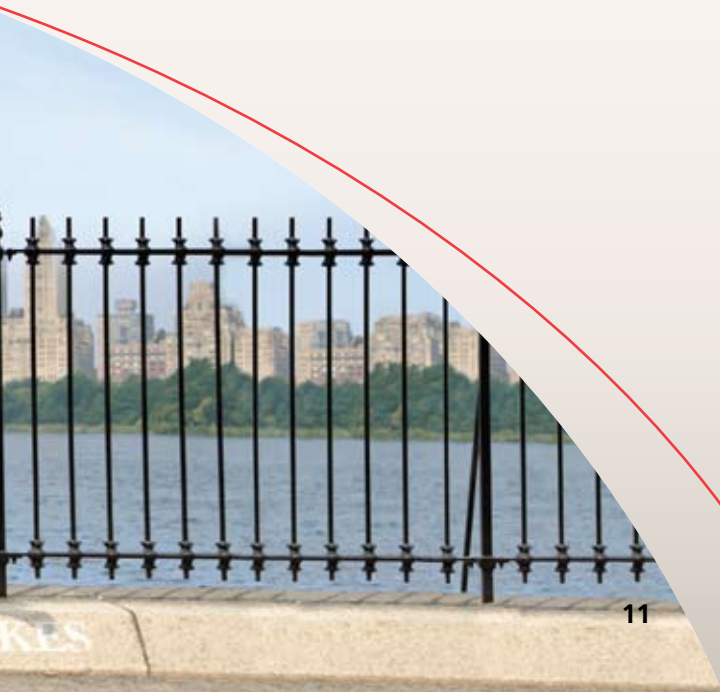
Important Safety Information

ORTHOVISC® is indicated in the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and to simple analgesics, e.g., acetaminophen. In clinical studies, the most commonly reported adverse events were arthralgia, back pain, and headache. Other side effects included local injection site adverse events.

ORTHOVISC® is contraindicated in patients with known hypersensitivity to hyaluronate formulations or known hypersensitivity (allergy) to gram positive bacterial proteins. ORTHOVISC® should not be injected in patients with infections or skin diseases in the area of the injection site or joint. Strict aseptic technique should be used. The effectiveness of more than 1 course has not been established.

References:

1. Brandt, KD, *et al.* Efficacy and safety of intraarticular sodium hyaluronate in knee osteoarthritis. *Clin Orthop.* 2001;385:130-143.
2. Data on file. DePuy Mitek, Inc. Raynham, MA.



DePuy Mitek is a global leader in orthopaedic solutions and is dedicated to providing the tools needed to help you move and feel like yourself again.



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HIGH MOLECULAR WEIGHT HYALURONAN

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