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EFFECTIVENESS OF TWO REGIMES OF GLUCOSAMINE AND CHONDROITIN FOR TREATMENT OF PAIN SYNDROME IN PATIENT WITH KNEE OSTEOARTHRITIS

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The research was aimed at evaluating the effectiveness of two regimes (continuous and interrupted) of Theraflex (500 mg glucosamine hydrochloride, 400 mg chondroitin sulphate) in patients with knee osteoarthritis. Outcomes evaluated were pain, measures of performance (function, activity of daily living, disability), employment status, range of motion, and patient satisfaction/patient global perceived effects.

Materials and methods. The first group included 50 patients (aged 64.5±1.1 years) with knee osteoarthritis (II stage, Kellgren-Lawrence's classification), who took the drug

in continuous regime during 9 months. The second group included 50 patients with the same diagnosis (aged 64.6 ± 1.0 years), who took Theraflex twice during 3 months with 3 months interruption. We examined the patients before the treatment and after 1, 3, 6, 9 and 12 months. Methods of study: Mc-Gill questionnaire, visual-analogical scale (VAS), Lequen's index, WOMAC, EuroQol-5D, 15-m. test, 6-min. test.

Results. After three months of Theraflex's treatment it was observed a reliable decrease of pain syndrome in both groups by WOMAC, decrease of constraint in movements, improvement of index of everyday activity, VAS, 15-m.test. Examination of patients during 6, 9 and 12 months show the effectiveness of both regimes of the therapy. Intensity of pain syndrome and functional activity didn't differ between the groups.

Conclusion. During 1-year period two regimes of Theraflex it was established effective decrease of intensity of the pain syndrome and improvement of everyday activity in patients with knee osteoarthritis. The analgesic effect after taking Theraflex becomes noticeable after three months and quality of life significantly improved in patients of both groups.