



# Symptoms of OA of the knee

If you are experiencing any of these symptoms of OA of the knee, you should consult your physician and ask him about treatment options that fit to you:

- You are unable to do or enjoy certain activities because of pain or stiffness in your knee
- You frequently experience stiffness in your knee after resting or when waking up
- Your knee often hurts when you move
- Your knee hurts even when you are not active
- You hear a crackling sound or have a grating feeling in your knee

## What is OA of the knee?

A normal knee glides smoothly because cartilage covers the ends of the bones that form joints. Osteoarthritis (ah-stee-oh-ar-THRY-tis) or OA of the knee damages this cartilage, progressively wearing it away. The ends of the bones become rough like sandpaper. This damaged cartilage can cause the joint to “stick” or lock and your knee may get painful, stiff and lose range of motion.<sup>2</sup>

Common risk factors for OA of the knee are genetics, being overweight, joint injury, overuse of the joint, and having other forms of arthritis.<sup>3</sup>

## A very common disease

More than 10 million Americans suffer from OA of the knee. There is no cure for OA, but its symptoms can be treated effectively with proper physician care, so that patients can continue living active lives.<sup>3</sup>

## How can a combined Traumeel & Zeel injection therapy work for you?

Combined Traumeel and Zeel Injection Solutions are homeopathic drugs indicated for the treatment of inflammatory and degenerative conditions of the musculoskeletal system, such as arthrosis / osteoarthritis and/or rheumatic joint diseases, and for the relief of symptoms including pain, swelling, and joint stiffness.

They contain highly diluted ingredients that reduce pain and inflammation.<sup>4</sup> The exact mechanism of action of combined Traumeel and Zeel Injection Solutions is not yet fully understood.

## How is this therapy given?

Your doctor will give you three injections of combined Traumeel and Zeel injection solution into your knee once a week for 3 consecutive weeks with a standard procedure that is performed at your doctor’s office. Your doctor may recommend a local anesthetic to reduce the possible discomfort associated with the injection.

## Are you a candidate for this therapy?

Combined Traumeel and Zeel knee injections could be right for you if:

- Your knee pain is due to OA
- You are not getting adequate OA knee pain relief from walking and/or physical therapy
- You are also not getting adequate OA knee pain relief from pain medications, including: Ibuprofen (e.g., Advil®), Acetaminophen (e.g., Tylenol®), Naproxen sodium (e.g., Aleve®), steroid injections (e.g., Kenalog®), Viscosupplements (e.g., Euflexxa® or Synvisc®)
- You cannot or do not want to tolerate steroid injections or any of the treatments mentioned above

**If you meet these criteria, ask your doctor about Traumeel and Zeel injection therapy!**

## Who should NOT have this therapy?

People who:

- Are allergic to any of the ingredients of Traumeel or Zeel injection solution
- Have infections or skin diseases in the injection area

# How safe is the treatment with Traumeel and Zeel injection solutions?

In general, this therapy is considered to be very safe. Traumeel and Zeel Injection Solutions are not known to cause any drug-to-drug interactions and reports of adverse events are exceptionally low.

The following adverse events have been identified during post-marketing use. Because these events are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

Adverse event rates reported in Monotherapy use of Traumeel Injection Solution: Allergic (hypersensitivity) reactions (e.g. skin allergies, redness/swelling at the injection site, even up to anaphylaxis) may occur in isolated cases.<sup>4</sup>

Adverse event rates reported in the Monotherapy use of Zeel Injection Solution: Allergic (hypersensitivity) skin reactions may occur in isolated cases.<sup>4</sup>

The safety and effectiveness of these therapies have not been established in pregnant women, lactating women, and children.<sup>4</sup>



## Want to know more about combined Traumeel and Zeel injections?

**Ask your physician or call MediNatura Customer Service at 1.844.633.4628**



MediNatura