



An update courtesy of the Arthritis Treatment Center

Bones, Muscles & Joints

Knee-Deep in New Solutions

Treat Tendinitis, Bursitis & Regional Pain without risking ulcers

Which is worse? Tendinitis or the stomach ulcers caused by drugs commonly used to treat it? That's been the concern. Now there's a new answer, in the form of non-steroidal anti-inflammatory drugs that don't interfere with the prostaglandins protecting the stomach lining. These new drugs - Celebrex and Vioxx - also can be given to patients taking Coumadin or Prednisone. Like other non-steroidal, anti-inflammatory medications (example: ibuprofen, naproxen), these drugs reduce inflammation by blocking prostaglandins. Unlike others, however, they target only the prostaglandins responsible for inflammation. Is this a possible solution for you?

Ask for more information about: **Celebrex, Vioxx (Selective Cox-2 Inhibitors)**

Injections can alleviate the pain of Osteoarthritis

We can now relieve the pain of knee osteoarthritis for up to 6 months, or even more, replacing the body's Hyaluronic Acid through a series of weekly injections. This has proven successful even for patients who haven't been helped by other medications or physical therapy. In a healthy knee, hyaluronic acid naturally produced by the body is found in joint fluid and serves to lubricate the cartilage. Healthy cartilage in turn provides a natural cushion between bones, allowing joints to move smoothly. As the cartilage breaks down with osteoarthritis,

both cushioning and lubrication are lost. The result is stiff and painful joint motion.

Ask about: **Hyalgen, Synvisc (Hyaluronic Acid)**

4 new treatment options offer relief for Rheumatoid Arthritis

Here's potential relief for patients not helped by other treatments for rheumatoid arthritis.

Four new options:

A drug recently approved by the U.S. Food and Drug Administration has been shown to improve rheumatoid arthritis, often within a mere two weeks! It also may prevent joint damage. In clinical studies, patients who took Remicade in combination with Methotrexate had less joint swelling and pain,

If we treat you, we help you for a day.
If we teach you, we help you for a lifetime.

OUR DEDICATED TEAM

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The Arthritis Treatment Center was created for the specialized treatment of disorders affecting the bones, muscles and joints. If you are a current patient, please feel free at any time to contact your doctor here for updates on these and other treatment options. New patients are welcome to tour our facility, consult with our nurse practitioner or physical therapy department, or simply call for information, updates or an appointment. Our offices are located in a modern, well-equipped facility in Springfield's newest medical "park" on Main Street. Call 413-734-5661 for a map to our office.

plus improved joint function. An alternative for patients who haven't responded well to Methotrexate alone, Remicade is given by intravenous infusion at regularly scheduled intervals. It acts to block tumor necrosis factor, one of the substances responsible for causing joint swelling and pain. Interested?

Ask about: Remicade (Infliximab)

Another alternative, Enbrel, was made available last year for rheumatoid arthritis patients who've had an inadequate

response to other disease-modifying agents. Like Remicade, it relieves inflammation and pain quickly by blocking tumor necrosis factor. New research has shown that Enbrel also effectively slows disease progression and prevents joint damage. It is self-administered twice weekly by injection.

Ask about: Enbrel (Etanercept)

Also available since last year is Arava, which acts in a different way to stop inflammation and slow disease progression. Taken daily in pill form, Arava may take up to eight weeks to show improvement.

Ask about: Arava (Leflunomide)

Patients with severe, active rheumatoid arthritis and unresponsive to other treatments can now try Neoral, a drug which suppresses the overactive immune system that causes joint inflammation. Neoral was approved this past year and, like Arava, may take up to eight weeks before improvement is noticed.

Ask about: Neoral

Evista, Actonel emerge as alternatives for Osteoporosis

For many women, the decrease in estrogen which occurs with

menopause leads to osteoporosis, which is characterized by weakened, brittle bones. Estrogen replacement therapy is a common treatment for preventing or halting osteoporosis and avoiding serious bone loss and fractures. Estrogen isn't the only available treatment, however. One alternative is Evista, which acts in a manner similar to estrogen but does not affect the uterus or breast tissue. Taken daily in pill form, Evista helps to increase bone density and prevent osteoporotic fractures. Like estrogen, it also decreases cholesterol levels.

Ask about: Evista (Raloxifene)

Coming soon for the treatment of osteoporosis is Residronate, which has been available in the past for patients with Paget's Disease. Residronate interferes with bone resorption while allowing normal bone formation, resulting in an overall increase in bone mass. Its FDA approval for use with osteoporosis is pending.

Ask about: Actonel (Residronate)

