

## **MEDIA RELEASE**

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FOR IMMEDIATE RELEASE**



### **Osteoarthritis sufferers turn to chicken combs to help ease their pain**

There's relief at hand for Australia's 1.85 million Osteoarthritis sufferers.

Instead of undertaking the often reluctant road to surgery, patients have an alternative option to manage their pain by simply having an injection consisting of chicken combs, lasting up to 12 months.

The substance found in chicken combs is very similar to the body's natural synovial fluid – the essential fluid responsible for lubrication and shock absorption for our joints. Often patients with Osteoarthritis are suffering so badly as there is either no fluid present in the joints or, the fluid is of such poor quality that their bones are grating against each other –both causing significant pain.

The treatment is a gel-like injection made from a natural substance called 'hyaluronan'. Manufacturers take the chicken combs and extract the acid type substance from them, which is then sterilised and dissolved, forming a fluid. The 'comb fluid' is then hydrated, washed and steamed, which forms the gel-like substance. This can then be used for injecting into joints.

Founder and Medical Director of Specialist Sportscare W.A. and Team Physician for the Perth Glory Football Club, Dr Arjun Rao, explains that many Australians don't even realise they suffer with Osteoarthritis and that the disease is fast becoming a pandemic, where patients are desperate for a solution.

" If someone of otherwise good health struggles each day to get up in the morning, shower and get dressed it's a sure indicator of a poor quality of life and that something is not quite right " Dr Rao said.

" Their quality of life could be improved dramatically and potentially without surgery, by identifying their condition and choosing a treatment method, like a hyaluronic acid injection in conjunction with a multimodal approach, to help manage their pain as well as improve their overall function. Obviously the earlier this is done the better " he said.

Ex Perth Glory defender Chris Coyne, knows all about osteoarthritic pain after a contact injury a few years ago revealed his right knee was almost 'bone on bone', causing immense pain and numerous attempts to try and alleviate the problem.

" After the injury, my knee just kept blowing up. I tried everything, even surgery but nothing seemed to work. Then I opted for an injection and I couldn't believe how different my knee felt, I had no more aches or stiffness and was able to continue playing professionally " Chris said.

" I knew that if there was a treatment available that allows you to delay the inevitable knee replacement, I could get another 20 – 25 years out of my knee " he said.

63-year-old Osteoarthritis sufferer, Jennifer McIntyre, said her symptoms came on so suddenly it stopped her from doing everyday activities - she was desperate to find something to ease her daily pain without having to undergo surgery.

" I was living a fairly active life for a 63-year-old when all of a sudden, I had the onset of excruciating pain where I couldn't walk or sleep at night " Jennifer said.

"I tried taking paracetamol and ibuprofen which didn't touch the pain. Then my doctor recommended an injection and that was such relief. I could walk and ride my bike again and now 12 months later I'm still pain free!" she said.

Benefits of this type of non-surgical treatment are a significant reduction in pain, increased joint mobility as well as a delay in the effects of the disease.

Recent studies have also claimed that injections of this type also have positive effects on cartilage regeneration and is a viable option worth pursuing before the final end resort of having a joint replacement.

Patients who opt for this injection treatment may be eligible for a rebate with selected private health funds.

For more information on Synvisc, visit <http://www.synviscone.com>

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