

## What other treatments are available?

If you have osteoarthritis, there are other options available to address your knee pain caused by osteoarthritis. These include:

- Avoiding activities that cause you pain
- Exercise
- Physical therapy
- Weight loss
- Removal of excess fluid of the knee
- Pain-medications
- Drugs that reduce inflammation, such as aspirin and other non-steroidal anti-inflammatory agents (NSAIDs)
- Steroid injections, such as corticosteroids
- Knee replacement surgery

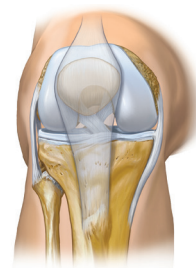
## What is causing my knee pain?

If your knees ache, they have lots of company. Over 54 million Americans suffer from osteoarthritis.<sup>5</sup> Osteoarthritis of the knee is the most common type,<sup>5</sup> and the way it affects the knee is painfully simple.

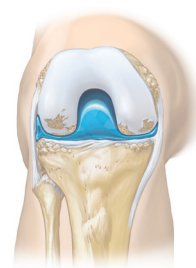
Three bones meet up at the knee joint: the end of the thigh bone (femur), the top of the shin bone (tibia) and the knee cap (patella). Those bones are cushioned by synovial fluid and cartilage.

Osteoarthritis causes the lubricating properties of the synovial fluid in the knee joint to diminish, resulting in less protection and cushioning. In addition, osteoarthritis results in damage to the cartilage resulting in pain. You may feel pain climbing stairs, working in the garden, walking or just bending your knees to sit. It may even keep you up at night.

The good news is knee osteoarthritis pain can be treated. Together, you and your doctor can determine the best treatment options for you.



The healthy knee



Osteoarthritic knee with Gel-One treatment

## How do I get more information about Gel-One?

To learn more and see if it is the pain relief option that is right for you, please visit:

[GelOne.zimmerbiomet.com](http://GelOne.zimmerbiomet.com)



## Indications For Use:

Gel-One Hyaluronate is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to non-pharmacologic therapy, non-steroidal anti-inflammatory drugs (NSAIDs) or simple analgesics, like Acetaminophen.

## Important Safety Information:

Before using Gel-One Hyaluronate, tell your doctor if you are allergic to hyaluronan products, cinnamon, or products from birds such as feathers, eggs, and poultry. Gel-One Hyaluronate is only for injection into the knee, performed by a doctor or other qualified health care professional. You should not receive Gel-One Hyaluronate injection if you have a skin disease or infection around the area where the injection will be given. Gel-One Hyaluronate has not been tested to show pain relief in joints other than the knee and for conditions other than OA. Gel-One Hyaluronate has not been tested in patients who are pregnant, mothers who are nursing, or anyone under the age of 21. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous or pro-longed weight-bearing activities after treatment. The effectiveness of repeat treatment cycles of Gel-One Hyaluronate has not been established. The side effects most commonly seen after injection of Gel-One Hyaluronate in the clinical trial were knee pain, swelling, and/or fluid build-up around the knee. These reactions are generally mild and do not last long. If any of these symptoms or signs appear after you are given Gel-One Hyaluronate or if you have any other problems, you should call your doctor. Ask your surgeon if you are a candidate for this procedure and discuss potential risks. For additional information, visit [www.zimmerbiomet.com](http://www.zimmerbiomet.com).

Gel-One® is a registered trademark of Seikagaku Corporation

1. Takamura J, Seo T, Strand V. A Single Intra-Articular Injection of Gel-200 for Treatment of Symptomatic Osteoarthritis of the Knee Is More Effective than Phosphate Buffered Saline at 6 Months: A Subgroup Analysis of a Multicenter, Randomized Controlled Trial. *Cartilage*. 2019 Oct;10(4):417-422. doi: 10.1177/1947603518768015. Epub 2018 Apr 12. PMID: 29644875; PMCID: PMC6755876.
2. Strand, V., et al. A multicenter, randomized controlled trial comparing a single intra articular injection of Gel-One, a new cross-linked formulation of hyaluronic acid, to phosphate buffered saline for treatment of osteoarthritis of the knee. *Osteoarthritis and Cartilage*. 20:350-356, 2012.
3. Strand, V., et al. Effectiveness and Safety of a Multicenter Extension and Retreatment Trial of Gel-200 in Patients with Knee Osteoarthritis. *Cartilage*. 3(4): 297-304, 2012.
4. Strand, V., et al. Evidence for safety of retreatment with a single intra-articular injection of Gel-200 for treatment of osteoarthritis of the knee from the double-blind pivotal and open-label retreatment clinical trials. *BMC Musculoskeletal Disorders*. 17:240, 2016.
5. Barbour, K.E., et al. Vital Signs: Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation - United States, 2013-2015. *MMWR Morb Mortal Wkly Rep*, 2017. 66(9): p. 246-253.

The photos in this brochure are not of actual patients. This material is intended for U.S. patients.

\*In a clinical study, a single injection for knee osteoarthritis demonstrated clinically important improvements in pain at 26 weeks in a subset of 152 patients. Clinically meaningful improvement was defined as >19.9 on a 100 mm scale.

†Gel-One® is a sterile, transparent, and viscoelastic hydrogel composed of cross-linked hyaluronate, a derivative of highly purified sodium hyaluronate (hyaluronan) extracted from chicken combs. Hyaluronan is a polysaccharide containing repeating disaccharide units of glucuronic acid and N-acetylglucosamine. In Gel-One®, strands of hyaluronan are bound to each other via dimers of cinnamic acid resulting in increased viscoelasticity.

IMAGINE A LIFE WITH SIGNIFICANTLY LESS KNEE PAIN AND...

# LIVE IT!<sup>1\*</sup>

A NON-SURGICAL  
TREATMENT FOR  
OSTEOARTHRITIS  
KNEE PAIN

**Gel-One®**  
HYALURONATE INJECTABLE  
KNEE PAIN THERAPY





## Gel-One® Hyaluronate Injectable Knee Pain Treatment

Hyaluronate injections have been available in the U.S. for a number of years, but only Gel-One Therapy delivers a complete treatment using a 3 mL non-steroid, natural and highly purified single injection to treat knee pain due to osteoarthritis. Gel-One is made from naturally occurring sodium hyaluronate and offers the following important benefits:

- Pain relief with improved knee function for up to six months<sup>3†</sup>
- Patient-friendly treatment requiring only one visit to your doctor for effective pain relief<sup>2-4</sup>
- A cost-effective treatment covered by most Medicare plans when administrated by a healthcare professional

### Is Gel-One Therapy right for me?

Gel-One Cross-linked Hyaluronate Therapy is indicated to relieve knee pain due to osteoarthritis (OA).

Hyaluronan, the key ingredient in Gel-One Therapy, is a natural substance found in the synovial fluid within your joints. The body's own hyaluronan acts like a lubricant and shock absorber in the joint and is needed for the joint to work properly.

Osteoarthritis causes the lubricating properties of the synovial fluid in the knee joint to diminish, resulting in less protection and cushioning. In addition, osteoarthritis results in damage to the cartilage resulting in pain. You may feel pain climbing stairs, walking, bending your knees to sit, or when you go to sleep at night. Gel-One Hyaluronate injectable knee pain treatment addresses the pain caused by the diminishing lubricant in the joint and can provide relief for up to 6 months per treatment.<sup>3</sup>

Gel-One Therapy is used for patients who have failed to respond adequately to non-pharmacological therapy, non-steroidal anti-inflammatory drugs (NSAIDs, e.g. Ibuprofen), or simple pain relievers (Acetaminophen, e.g. Tylenol).

### Pain Relief and Improved Knee Function<sup>2-4</sup>

Gel-One is a non-steroid and non-synthetic single injection treatment that supplements the natural occurring lubricant or cushion present in your knee joints, which helps your knees work efficiently and reduces friction.<sup>2-4</sup> In clinical studies, Gel-One has shown to reduce OA knee pain for up to 6 months.<sup>2-4</sup>

## Gel-One® Single 3 mL Non-Steroid Injection Therapy



### Experience Pain Relief Quickly

Everyone is unique and therefore the time to feel the effects of treatment may be different. Typical results have shown that patients experienced significant pain relief in as little as three weeks after receiving Gel-One injection therapy.<sup>2</sup>

### Can I resume normal activities after I receive Gel-One Therapy?

You should be able to resume most of your normal daily activities almost immediately after you receive the injection therapy. However, you should avoid any strenuous activities for the first 48 hours after treatment, such as jogging, heavy lifting or other active sports and prolonged weight-bearing activities, such as standing on your feet for more than one hour at a time. Please talk with your doctor for specific questions relating to your knee.

### Is Gel-One therapy covered by my insurance?

Yes, Gel-One Therapy is covered by most Medicare plans when treatment is administrated by a healthcare professional. Please check with your provider to learn more and if your insurance plan covers this treatment.

### What are possible side effects of Gel-One therapy?

While rare, side effects are sometimes seen with hyaluronate treatments of the knee joint. These can include: transient knee pain, swelling, and/or fluid build-up around the knee.<sup>2</sup> These reactions are generally mild and do not last long. Reactions are typically treated by resting and applying ice to the injected knee. If any of these symptoms or signs appear after you are given Gel-One injection therapy or if you have any other concerns, you should consult with your doctor.

