



## OTC Medication- Osteoarthritis

- **Acetaminophen** – 650mg 3 to 4 x daily routinely
- **Capsaicin cream (topical)**-start lowest strength/small area – 0.025%. VERY HOT - Apply 2 to 3 times a day.
- **Ibuprofen - Advil,(naproxen= Aleve- BEERS LIST)** Ibuprofen or Ketoprofen Topical less Side Effects?
  - These can cause GI / Kidney concerns
  - H2 Blockers- Zantac, Tagamet
    - higher risk GI bleed because no stomach complaints and no protection
  - PPI (Proton Pump Inhibitor) - Prevacid®, Nexium® Losec®, Prilosec®, Zegerid®, Protonix®, Somac®, Pantoloc®, Rabecid®, Aciphex®, Pariet®)
    - relieve dyspepsia
    - protects against stomach ulcers better
- **Glucosamine 500mg/ Chondroitin 400mg**
  - 3 tablets per day (1500/1200mg per day)
  - Glucosamine
    - provides the building block for cartilage
  - Chondroitin
    - Chondroitin can draw fluid into the cartilage
    - Improve shock-absorbing ability.
    - Blocks the enzymes that break down old cartilage.
  - Minimum 2 month trial. Symptoms return if discontinued
    - This may modify the progression and improve osteoarthritis.
- **MSM**
  - 500 mg three times daily up to 3 grams twice daily has been used
  - Appears to slow down the degeneration but is not yet proven
- **Fish oils**
  - Either 1 gm of distilled fish oil (Omega 3) or 600 mg of DHA supplement (from algae)
  - help with controlling inflammation in the body
  - **Ginger** – Ginger is an antioxidant that acts as an inflammatory with no major side effects.
  - **Nettle leaf –(stinging nettle)** Nettles can reduce a patient’s need for NSAIDS (non-steroidal anti-inflammatory drugs) by up to 70 percent.
- **Herbals and Supplements are DRUGS**
  - Can cause SE
  - Liver, kidney problems
  - DRUG INTERACTIONS- especially Coumadin
  - If titrated with Coumadin –
    - Do not:
      - Change brands
      - Discontinue
      - “Run out” – explain to family
- **Check “SERVING SIZE”**

Quality is important Check for “lab tested”

Supplement Facts	
Serving Size 3 softgels Servings Per Container 40	
Amount Per Serving	%Daily Value
Calories	20
Calories from Fat	20
Total Fat	2 g 3%*
Manganese (as Manganese Aspartate)	1 mg 50%
Glucosamine Sulfate • 2KCl	1,500 mg
Chondroitin Sulfate	1,200 mg
Citrus Bioflavonoids	45 mg

**Other Ingredients:** Soybean Oil, Gelatin, Glycerin, Lecithin, Beeswax/Soybean Oil Mixture, St. John’s Bread Extract, Caramel Color.

**Directions:** For adults, take three (3) softgels daily, preferably one (1) softgel with each meal, or follow the advice of your health care professional.

Supplement Facts	
Serving Size 2 capsules Servings per container 90 servings	
Amount per serving % Daily Value*	
Vitamin C (ascorbic acid)	100 mg 167%
Potassium (from glucosamine sulfate KCl)	61 mg 2%
Chloride (from glucosamine sulfate KCl)	56 mg 2%
Glucosamine sulfate KCl	500 mg
Supplying sulfur 80 mg	
MSM (LIGNISUL™)	1 gram (1000 mg) †
Supplying sulfur 340mg	

\* Percent Daily Value is based on a 2000 calorie diet.  
† Daily Value not established.

**Other ingredients:** cellulose, magnesium stearate (vegetable source), gelatin capsule.

**Suggested Use:** As a dietary supplement, take 2 capsules three times daily, with or without food.

**Note:** Glucosamine is obtained from the shells of shellfish.