

## First-of-its-kind osteoarthritis study done in India

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### First Indian study on Single shot Viscosupplementation to treat knee-osteoarthritis



**Bangalore:** Signaling relief to over 15 million knee-osteoarthritis patients in India, the world's first study "Osteoarthritis Synvisc One Indian Post Marketing Study" (OASIS) has revealed positive results on the impact of single-shot Viscosupplementation therapy in reducing knee pain in an osteoarthritis patient. The first-of-its kind OASIS findings are especially significant for Indians who have a propensity to suffer from arthritis due to our genetic makeup.

Knee-osteoarthritis is a condition in which the cartilage that acts as a cushion between bones, in joints, begins to wear out. This results in inflammation and pain in joints, thereby restricting movement. Till a few years ago, it only impacted the older population but a growing reverse trend has resulted in more and younger people being diagnosed with this condition.

Viscosupplementation is a path-breaking treatment that uses a biological substance to lubricate and cushion the diseased knee joint enabling easy movement and increased flexibility. The OASIS findings prove that single-shot Viscosupplementation therapy provides relief from pain for up to twelve months. It is especially effective when used in the initial stages of the disease thereby highlighting the need for timely diagnosis and treatment.

This pioneering study evaluated the efficacy and safety of Synvisc One in - 369 knee-osteoarthritis patients in the age group of 30 years and above across 36 hospitals in 14 different Indian cities.

According to one of the investigators of the study, Dr Harshad M Shah, Senior Professor of Orthopedics, MS Ramaiah Medical College, "The OASIS study on the effectiveness of single shot Viscosupplementation, has for the first time proved the treatment to be effective in reducing knee pain for up to 52 weeks. Earlier patients had to be dependent on strong painkillers as a routine to gain temporary relief from knee pain. Patients can now avoid drug resistance and resume their routine activities with minimal or no side effects. Viscosupplementation also comes as a sign of relief for the growing young population suffering from knee osteoarthritis, a phenomenon that was unheard of 20 years ago. It allows for early treatment and helps improve the quality of life of these patients."