



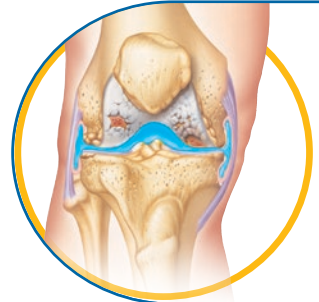
SYNVISC[®]: FOR YOU AND YOUR OSTEOARTHRITIS (OA) PAIN

Your healthcare professional has recommended SYNVISC[®] or Synvisc-One[®] to help you treat your osteoarthritis pain.^{1,2}

This informative brochure is designed to help support you on your journey with SYNVISC[®]/Synvisc-One[®].

WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis is a chronic degenerative joint disease that occurs when the cartilage in the joint gradually deteriorates.^{3,4} Cartilage is the tough elastic material that covers, protects, and cushions the ends of bones.^{4,5}



OSTEOARTHRITIS (OA) IN CANADA

Osteoarthritis is the most common form of arthritis. It affects more Canadians than all other forms of arthritis combined.⁵

+4 million

Canadians are living with osteoarthritis⁶

Nearly 1 in 3

with osteoarthritis are diagnosed before the age of 45⁶

42%

of working-age Canadians (20–64 years) reported being out of work or school due to OA (compared to 19% of the general population)⁶

COMMON FACTORS CONTRIBUTING TO OSTEOARTHRITIS



Aging
(risk increases with age, but is not inevitable)⁷



Excess body weight (places additional stress on weight-bearing joints, increasing risk of injury and rate of joint degeneration)⁷



Previous joint injury and/or repeated **stress on a joint**⁷



Female sex (females are more likely to develop OA)⁷

SYMPTOMS OF OSTEOARTHRITIS

Your symptoms should be discussed with your healthcare provider, who is the only person who can provide a diagnosis and recommend a treatment.



Joint pain (the intensity of pain can increase over time, as OA is a progressive disease)^{5,7}



Joint stiffness (often in the morning)⁷



Joint swelling⁷



Joint dysfunction due to pain or reduced movement⁷



Joint crepitus (grinding sensation or “creaking” sound when the joint moves)⁷

Osteoarthritis usually progresses slowly over a period of months or years. Early on, symptoms tend to come and go, but the intensity of pain can increase over time.⁷

ABOUT SYNVISC®/SYNVISC-ONE®

SYNVISC® and Synvisc-One® (hylan G-F 20) are gel-like fluids used as a temporary replacement of and supplement for synovial (joint) fluid. They are used to treat pain associated with osteoarthritis.^{1,2}

They belong to a class of therapies called *viscosupplements* and achieve their therapeutic effect through *viscosupplementation*, a process by which the physiological state of the arthritic joint tissues is restored.^{1,2}

SYNVISC®/Synvisc-One® **mimic the viscosity (thickness) and elasticity of healthy, young synovial (joint) fluid**, which lubricates and cushions the joint.^{1,2,4,8}

SYNVISC®/Synvisc-One® can help:^{1,2}

- ▶ Decrease pain and discomfort
- ▶ Increase mobility and allow more extensive movement of the joint
- ▶ Protect cartilage against certain physical and chemical damage*



Used to treat OA pain for over **30 years** in Canada⁹



SYNVISC® treats pain associated with OA of the knee, hip, ankle and shoulder. Synvisc-One® treats knee OA pain.^{1,2}



20+ million knees treated worldwide¹⁰



SYNVISC® can provide **pain relief** that lasts up to **6–12 months**^{1†}



Delivers **longer lasting pain relief** compared to steroid injections^{11,12}



SYNVISC®/Synvisc-One® are most effective in patients who are actively and regularly using the affected joint(s)^{1,2}

* *In vitro* studies have shown that SYNVISIC®/Synvisc-One® protects cartilage cells against certain physical and chemical damage.
† Each person responds differently to treatment and will experience different relief.

WELCOME TO YOUR JOURNEY WITH SYNVISC®/SYNVISC-ONE®

This brochure should be reviewed with your healthcare provider, who can help you complete the important information below to support you on your journey with SYNVISC®/Synvisc-One®.

PREPARING FOR YOUR YOUR INJECTION:

Appointment date:	Time:
I have been prescribed (check one): <input type="checkbox"/> SYNVISC® <input type="checkbox"/> Synvisc-One®	
My OA diagnosis:	
Joint: _____	<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe
Joint: _____	<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe
Joint: _____	<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe
Joint: _____	<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe
Additional notes: _____ _____	

Please take note of any pre-injection instructions provided by your healthcare provider here:

Preparation makes a difference:

- ▶ Plan 1–2 **rest days** after your injection^{8,13}
- ▶ Ask your provider about a **numbing agent** pre-injection¹⁴
- ▶ Bring an **ice pack** in case you need it^{8,13}
- ▶ Set **realistic expectations**. Speak with your provider about:
 - What to expect at your injection appointment
 - How to prepare for after your injection, including recommended physical activity after the recommended period of rest

SYNVISC®'s efficacy is greatest in mild-to-moderate patients but can be used in all stages of OA.^{1,2,9}

FOLLOWING YOUR SYNVISIC®/SYNVISC-ONE® INJECTION:

Each person's experience with SYNVISIC®/Synvisc-One® is personal and different

After your SYNVISIC®/Synvisc-One® injection, you may experience temporary:^{1,2}



Pain



Swelling
in the injected joint(s)



Joint effusion (fluid
accumulation in the joint space)¹⁵

This is not a complete list of potential side effects. Please refer to the Instructions For Use and/or speak with your healthcare provider for the full list of potential side effects.

To help reduce discomfort and side effects, it is recommended to **rest your joint(s) for up to 48 hours** after injection.^{8,13}

You may or may not receive these additional instructions from your healthcare provider (check all that apply).^{8,13}

<input type="checkbox"/> Elevate your joint(s)	<input type="checkbox"/> Apply an ice pack	<input type="checkbox"/> Use an anti-inflammatory (remember to note specifics)	<input type="checkbox"/> Book your follow-up appointment for ___ months after this injection
		<p>Note instructions from your healthcare provider here:</p> <p>_____</p> <p>_____</p>	<p>Note your follow-up appointment date and time here:</p> <p>_____</p> <p>_____</p>

It is important to consult your physician if you have any questions and/or experience any side effects.

Once you are ready, it is important to start using your affected joint(s) regularly. Remember – SYNVISIC®/Synvisc-One® are most effective in patients who actively and regularly use the affected joint(s).^{1,2}

Ask your healthcare professional **when you can resume normal activity:**

Date: _____ Any special recommendations: _____

SYNVISIC®/Synvisc-One® is about YOUR journey! What realistic activity goals did you and your healthcare provider set for yourself?

You can also talk with your healthcare provider about some of the following activities, which other people with OA were interested in doing after their injection:

- ▶ Hiking with friends
- ▶ AquaFit classes
- ▶ Cross-country skiing
- ▶ Gardening
- ▶ Playing with grandchildren
- ▶ Cycling
- ▶ Using stairs more comfortably
- ▶ Golfing
- ▶ Morning Tai Chi
- ▶ Tennis

It is important to talk with your healthcare provider about your goals.

Complete these goals:

Your activity goals	Other activity goals suggested by your healthcare provider
A favourite activity goal:	1.
A new activity you'd like to try:	2.
Add another goal here:	3.



Use this space for notes that you wish to share with your healthcare provider at your follow-up appointment:



OnTRACK: A PROGRAM TO SUPPORT YOU THROUGH YOUR JOURNEY WITH SYNVISC®/SYNVISC-ONE®

Talk to your healthcare provider about how OnTRACK can help support your success with SYNVISC®/Synvisc-One®.

OnTRACK has supported thousands of Canadians like you through their osteoarthritis pain relief journey.

OnTRACK

with SYNVISC®/Synvisc-One®

Want more information about SYNVISC®/Synvisc-One®?

Visit synvisc.ca or call the SYNVISC®/Synvisc-One® call centre at 1-800-796-7991

References: 1. SYNVISC® Instructions for Use, Genzyme Canada Inc., June 9, 2023. 2. SYNVISC-ONE® Instructions for Use, Genzyme Canada Inc., June 9, 2023. 3. Johns Hopkins Medicine. Osteoarthritis. Available at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/arthritis/osteoarthritis>. Accessed July 11, 2023. 4. Mayo Clinic. Osteoarthritis. Available at: <https://www.mayoclinic.org/diseases-conditions/osteoarthritis/>. Accessed July 14, 2023. 5. Arthritis Society Canada. Osteoarthritis. Available at: [https://www.arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/osteoarthritis](https://www.arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/osteoarthritis). Accessed May 16, 2023. 6. Arthritis Society Canada. Arthritis facts and figures. Available at: <https://arthritis.ca/about-arthritis/what-is-arthritis/arthritis-facts-and-figures>. Accessed May 31, 2023. 7. Arthritis Society Canada. Osteoarthritis symptoms and diagnosis. Available at: [https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/osteoarthritis/osteoarthritis-symptoms-and-diagnosis](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/osteoarthritis/osteoarthritis-symptoms-and-diagnosis). Accessed May 31, 2023. 8. Arthritis Society Canada. Viscosupplementation. Available at: [https://arthritis.ca/treatment/medication/medication-reference-guide/medications/viscosupplementation-\(hyaluronan-injections\)](https://arthritis.ca/treatment/medication/medication-reference-guide/medications/viscosupplementation-(hyaluronan-injections)). Accessed May 31, 2023. 9. Lussier A, et al. Viscosupplementation with hylan for the treatment of osteoarthritis: findings from clinical practice in Canada. *J Rheumatol* 1996;23(9):1579–85. 10. Data on file, sanofi-aventis Canada Inc., April 9, 2022. 11. Caborn D, et al., On behalf of the Synvisc 901 study group. A randomized, single-blind comparison of the efficacy and tolerability of hylan G-F 20 and triamcinolone hexacetate in patients with osteoarthritis of the knee. *J Rheumatol* 2004;31:333–43. 12. Bellamy N, et al. Viscosupplementation for the treatment of osteoarthritis of the knee. *Cochrane Database Syst Rev* 2006(2): CD005321. 13. Acharya K, et al. Improvement in condition specific and generic quality of life outcomes in patients with knee osteoarthritis following single intraarticular viscosupplementation injection. *J Orthop Trauma* 2022;27:101828. 14. Johns Hopkins Medicine. Viscosupplementation Treatment for Arthritis. Available at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/arthritis/viscosupplementation-treatment-for-arthritis>. Accessed July 11, 2023. 15. Gerena LA, et al. Knee Effusion. *StatPearls: StatPearls Publishing*, 2022. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK532279/>.