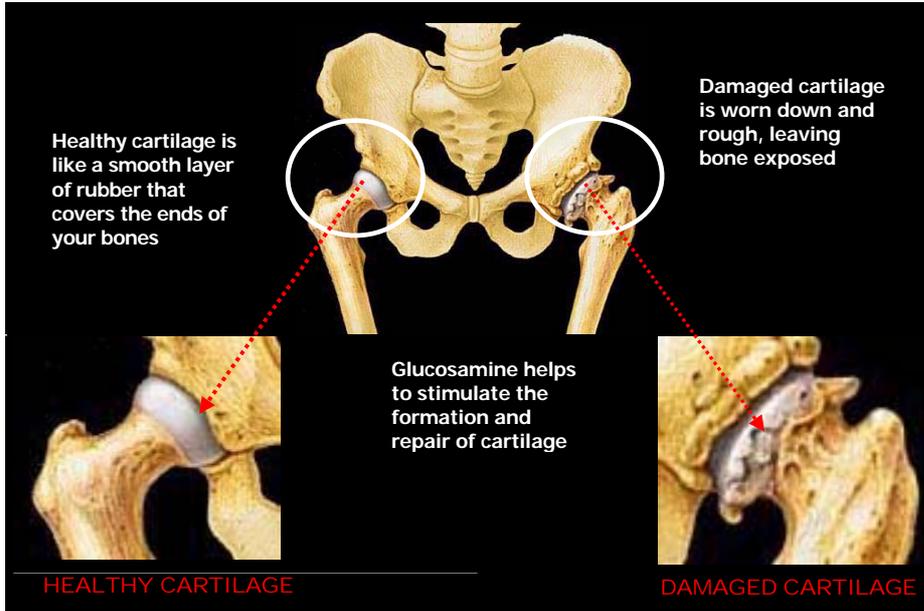


Maintain Healthy Cartilage

CARD No.3



LIFESTYLE TIPS

- Healthy cartilage is the key to healthy joints.
- Cartilage is a natural shock absorber that cushions your joints from impact.
- Cartilage is a living tissue, comprised of almost 80% water.
- Glucosamine helps to maintain the structural integrity of cartilage and reduce pain.

SELFCARE

- Talk to your Practitioner or Pharmacist about glucosamine and chondroitin supplementation.
- Increased strength will provide support and stability to protect your damaged joints.
- Osteoarthritis symptoms are made worse by stiff joints, muscle weakness and being overweight or out of shape.

Cartilage is a tough, slippery tissue that covers and protects the ends of bones in your joints. Healthy cartilage is important for proper joint function. It allows bones to glide smoothly over one another. Cartilage also absorbs energy from the impact of physical movement. If your cartilage has been worn down or damaged by osteoarthritis, joint function becomes compromised, leading to pain, stiffness and swelling.

Medical research suggests that glucosamine may help to stimulate the formation and repair of cartilage, slow the rate of degenerative change and reduce osteoarthritis pain. Glucosamine is a naturally occurring amino sugar manufactured in your body. Found in healthy joint tissue, it plays a critical role in maintaining the structural integrity of cartilage.

Your Personal Action Plan



Your Practitioner or Pharmacist can advise if glucosamine hydrochloride and chondroitin sulfate supplementation should be part of your medications treatment. They are also an excellent resource for lifestyle modification, including safe participation in exercise and proper diet. This is key to the long-term success of your osteoarthritis management

TREATMENT	HOW TO GET STARTED
Rest and Joint Care	Modify or avoid the activities that aggravate your symptoms.
Weight Control	Drink more water and eat more whole-grain foods, fruits and vegetables.
Exercise	Go swimming or take an aquatic exercise class.
Pain Relief	Supplement with 1500mg/day of glucosamine hydrochloride.
Medications	Talk to your Practitioner about what medications are best for you.

Osteoarthritis is treatable ... Take action!



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