

# Gel-One®

## Cross-linked Hyaluronate Restoring quality of life.

### Knee arthritis

If your knees ache, they have lots of company. Over 46 million Americans suffer from arthritis. Osteoarthritis (OA) of the knee is the most common type, 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 wears down the cartilage, resulting in your bones grinding against each other. That grinding hurts. You can feel it climbing stairs, working in the garden, walking or just bending your knees to sit. It may even keep you up at night.

### Restoring quality of life

Talk to your doctor today to see if single-injection Cross-linked Hyaluronate Gel-One Hyaluronate is right for you.

Call toll free: 800-348-2759,  
email [gelone@zimmer.com](mailto:gelone@zimmer.com),  
or visit [zimmer.com](http://zimmer.com)

### 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 a *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 prolonged weight-bearing activities after treatment. The safety and effectiveness of repeat treatment cycles of *Gel-One* Hyaluronate have 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. Other conditions, including but not limited to skin redness and rash, knee stiffness, knee muscular weakness and dizziness, were also reported rarely. 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.

### **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, nonsteroidal anti-inflammatory drugs (NSAIDs) or simple analgesics, e.g., acetaminophen.

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## The arthritic knee

Arthritis is a disease that typically worsens over time, so it is common for treatment to involve more than one approach and to change over time. Together, you and your doctor can determine the best treatment options for you. The good news is knee arthritis pain can be treated.



*The arthritic knee*



*The healthy knee*

## Viscosupplementation Treatment

Synovial fluid, containing hyaluronan, is a naturally occurring lubricant or cushion present in your knee joint that helps your knee joints work efficiently and without friction. Synovial fluid properties degenerate in the early stages of osteoarthritis. As it breaks down, joints can become painful. Fortunately, there is a natural treatment available that injects supplemental hyaluronate into the knee that cushions, lubricates and improves knee function.



## Gel-One Hyaluronate

Hyaluronate injections have been available in the US for a number of years, but only *Gel-One* Hyaluronate delivers a complete treatment using a highly purified, 3 mL, single injection. *Gel-One* Hyaluronate offers the following important benefits.

- Convenience of a single injection with less office visits
- Safe, effective, and complete treatment volume of 3 mL
- Supplements the natural lubrication and cushioning in the knee joint

