



cityosteopathy

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## **GLUCOSAMINE SULPHATE AND ITS EFFECTS ON SPINAL AND JOINT ARTHRITIS/PAIN**

Glucosamine Sulphate has been a popular subject of late with our patients. There has been a large advertising campaign promoting its benefits in helping to relieve degenerative joint pain typical in osteoarthritis.

We have included three of the best studies that suggest Glucosamine is a very effective supplement. It not only provides significant relief from pain but can also provide long term change in the progression of osteoarthritis. Latest studies have shown it can be more effective and also safer than some anti-inflammatories such as Nurofen.

In our opinion taking Glucosamine is extremely helpful for many of the wear and tear conditions commonly experienced, such as osteoarthritis in the spine, knee and hips. The correct dose is at least 1500mg Glucosamine Sulphate per day.

**Remember to consult with your healthcare provider before commencing any new supplement or medication.**

### **Long –term effects of Glucosamine Sulphate on osteoarthritis progression: a randomized, placebo-controlled clinical trial**

212 patients with knee osteoarthritis were randomly assigned 1500mg Glucosamine Sulphate or placebo once daily for 3 years. X-rays were taken at 1 and 3 years measuring mean joint space width of the medial knee. Symptoms were scored by using the WOMAC osteoarthritis index.

106 patients taking Glucosamine had a mean joint space loss of only 0.06mm after 3 years. Those on placebo had a mean joint space loss of 0.31 mm.

WOMAC scores show symptoms worsened slightly with those on placebo whilst those on Glucosamine had significant improvement. There were no differences with safety between the two groups.

The long term combined structure-modifying and symptom modifying effects of Glucosamine Sulphate suggest that it could be a **disease modifying** agent in osteoarthritis.

**Comment:** This was an excellent study in a reputable journal. Glucosamine is even more important when we consider the cardiovascular risk associated with some anti-inflammatories such as Vioxx (some data has suggested approx 140000 people worldwide may have had a heart attack from being on Vioxx!)

Source: Lancet Volume 357, Issue 9252, January 2001: p 251-256

### **Glucosamine therapy compared to ibuprofen for joint pain.**

Two studies were obtained that compared 5 tablets Nurofen daily with 1.5 mg Glucosamine daily. There were 218 participants in the studies. Results of these studies showed Glucosamine to be as effective as ibuprofen, and concluded that Glucosamine is effective in relieving joint pain associated with osteoarthritis.

Source: British Journal Community Nursing. 2002 Mar; 7(3): p 148-52

### **Glucosamine Therapy for Treating Osteoarthritis**

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#### **Article Summary:**

A review of the literature available about glucosamine and studies that have been conducted to evaluate its effectiveness and toxicity for the treatment of arthritis has been done. The review suggests that glucosamine is a safe and effective means of treating the osteoarthritic condition. Glucosamine is consistently more effective than placebos when used to treat arthritis. Glucosamine has also been found to be at least as effective as, if not better than, the use of NSAIDs in treating arthritis. While the toxicity levels of glucosamine are not well researched, *the side effects of glucosamine are low, and glucosamine is usually well tolerated.*