



Bhaichung Bhutia joins Sanofi India's 'Steps that Count' World Arthritis Day initiative to raise awareness on knee osteoarthritis

- Shares his experience on being diagnosed with knee osteoarthritis
- Calls **young arthritis patients** (30-55 years age) to take effective steps towards early diagnosis, and to explore treatment options such as viscosupplementation with their specialists

Hyderabad, October 11, 2014: On the eve of World Arthritis Day 2014, Bhaichung Bhutia, former captain of India's football team, joined healthcare major Sanofi India's 'Steps that Count' initiative to raise awareness on knee osteoarthritis. The initiative encourages patients to live well with osteoarthritis by following the **three** important steps of **Talk- Control- Exercise**.

According to **Dr. Karthik Pingle, Consultant Orthopedic Surgeon, Apollo Jubilee Hills, Hyderabad**, "After diabetes, osteoarthritis is considered the second most prevalent disease in the age group of 30-55 years. Of all the joints, osteoarthritis of the knee joint is the most common. A number of factors such as sedentary lifestyle, rising obesity and poor dietary habits contribute to the high prevalence of knee osteoarthritis".

Knee osteoarthritis is now striking people at a younger age and leading to chronic disability and compromised quality of life.

Speaking on the occasion **Dr. Senthilnathan Mohanasundaram, Director- Medical Affairs, Sanofi India** stated, "With over 15 million patients, India has the second largest osteoarthritis patient base-- women forming a large portion of this population³. We are delighted to have Bhaichung Bhutia support Sanofi's 'Steps that Count' initiative that aims to raise awareness on knee osteoarthritis among *young arthritic patients (30-55 years age)*. Bhaichung's testimonial and experience with viscosupplementation will motivate patients to explore treatment options with their specialists and lead an active and better quality life."

Depending upon the grade of knee osteoarthritis, treatment options include a combination of exercise, a healthy diet, painkillers, viscosupplementation injections as well as surgical procedures to relieve pain and restore function.

Dr. Sachin Yadav, Orthopedics & Sports Medicine Consultant, Skyline Hospital & Ayushman Hospital, Delhi, and **Bhaichung Bhutia's treating physician** shared, "I have found viscosupplementation to be an effective option for young active individuals such as Bhaichung Bhutia as it enables them to maintain their active lifestyles. This is supported by the recently published OASIS (Osteoarthritis Synvisc One Indian Post Marketing Study) which concluded that viscosupplementation with *Synvisc One* was well tolerated and effective in reducing knee pain in an osteoarthritis patient with a significant long-term (1 year) improvement of outcomes⁴".



1. **TALK** to your specialist to know the right treatment option for you
2. **CONTROL** your weight as losing 5 kg reduces risk of knee Osteoarthritis by more than 50%¹
3. **EXERCISE** as walking 6000 steps daily reduces the risk of functional limitations associated with knee arthritis²



Viscosupplementation involves injecting a fluid into the joint- which mimics the natural synovial fluid- and helps lubricate and cushion the diseased joint⁵. This enables increased flexibility, easy movement and helps reduce pain.

While sharing his experience **Bhaichung Bhutia** stated, “As part of Sanofi’s ‘Steps that Count’ initiative, I am here to share my story and the significance of timely intervention to deal with knee osteoarthritis, which is an extremely painful condition. I needed a solution that would help me maintain my active lifestyle, and am grateful to my doctor for suggesting viscosupplementation with *Synvisc One*. This simple treatment has today enabled me to live well with knee osteoarthritis, and to continue to do the things I enjoy-- *foremost among them being playing football.*”

Viscosupplementation usually does not have any side effects such as those associated with steroids and painkillers, and seeking timely treatment from their doctors can help patients keep their joints healthy.

References:

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About Sanofi

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