



MATTHEW A. BERNSTEIN, M.D

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

Supplements for Arthritis Pain

For Articular Cartilage and Joint Health

Glucosamine – Total: 1500mg/day and **Chondroitin** – Total: 1200mg/day
*Glucosamine and Chondroitin come **pre-combined**.*

- Typical dosing is 2 times daily; confirm dosing on the bottle.
- It may take as much as 3 months for you to notice improvement
- It may take as much as 6 months for you to be able to judge whether or not your improvement is enough to warrant continued use.
- This is an area of active research: effects of, mechanisms of action of, and outcomes from use of these supplements.
 - Glucosamine and chondroitin are considered safe for most people, and I do encourage their continued use if a patient thinks that they have been beneficial after a trial of 3-6 months

Check the ingredients if you have ALLERGIES, most are made from processed seafood products such as shrimp shells. Vegan alternatives are available

Blood thinners: If you are on blood thinners, check with your prescribing doctor and pharmacist prior to taking Glucosamine and Chondroitin products

Omega-3 – Fish oil, dosing depends on formulation, look for filtered or purified. Also thought to be of benefit to brain and heart health.

- Men with prostate problems or prostate cancer should check with their Internist and/or Urologist prior to taking omega-3 products.

-
- Effects of Glucosamine and Chondroitin Sulfate on Cartilage Metabolism in OA: Outlook on Other Nutrient Partners Especially Omega-3 Fatty Acids, Int J Rheumatol. 2011; 2011.
 - Use of Glucosamine and Chondroitin Sulfate in the Management of Osteoarthritis, The Journal of the American Academy of Orthopedic Surgeons, March/April 2001 vol. 9 no. 2, 71-78.
 - Vangsness CT, Spiker W, Erickson J. A review of evidence-based medicine for glucosamine and chondroitin sulfate use in knee osteoarthritis. Arthroscopy 2009;25(1):86 -94

Schaumburg Office
929 West Higgins Road
Schaumburg, IL. 60195

Elk Grove Village Office
120 East Higgins Road
Elk Grove Village, IL. 60007

Bartlett Office
864 West Stearns Road
Bartlett, IL. 60103

Buffalo Grove Office
404 North McHenry Road
Buffalo Grove, IL. 60089

847.285.4200
www.BarringtonOrtho.com