



## 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 1000 mg per day, may vary by 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.

**Over the counter topical NSAID** - Diclofenac gel (Voltaren gel) can be used 3-4 times per day as needed.

The risks of the oral NSAIDs add up with the topical NSAIDs.

**CBD oil/cream** - Apply topically twice per day as needed.

Go to the link listed or QR code: [Corganics.com/shop](https://Corganics.com/shop)



**Access Code: BERNSTEIN**

- 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 ulnar nerve decompression possible transposition.

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