



What are Some of the Alternative Treatments for Arthritis?

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SAM-e – SAM-e is the abbreviated name for S-adenosylmethionine. This supplement has been studied as an anti-depressant as well as a possible treatment for osteoarthritis. Some studies have shown SAM-e to have some benefit by reducing pain and inflammation, while other studies are inconclusive.

Acupuncture – This procedure originated in China over 2000 years ago and has been used over the centuries to treat many conditions and ailments. While studies on its effectiveness for various conditions have not always been clear, recent studies have shown it to be somewhat effective for osteoarthritis of the knee. If you do decide to try acupuncture, make sure you see a licensed acupuncture practitioner.

Magnets – Several studies have shown some effect in reducing arthritis pain¹; however, more numerous studies reveal no benefit at all.²

Are There Risks to Alternative Treatments?

At the minimum, there is the risk to your pocketbook – you could be spending money on something that has proven to have little or no benefit. Before you decide to try any treatment, medication or product, please discuss it with your doctor.

Regarding alternative treatment medication, there may be important and serious interactions with other medications you may be taking.

It is also important to keep in mind that the FDA does not regulate the claims made by some of these products or treatments, including that what's inside the bottle contains the exact ingredients listed on the label.

1: From NIH's National Center for Complementary and Alternative Medicine (NCCAM): <http://nccam.nih.gov/health/magnet/magnetsforpain.htm>

2: Richmond SJ1, Brown SR, Campion PD, Porter AJ, et al. Therapeutic effects of magnetic and copper bracelets in osteoarthritis: a randomised placebo-controlled crossover trial. *Complement Ther Med.* 2009 Oct-Dec;17(5-6):249-56. doi: 10.1016/j.ctim.2009.07.002.



An Atmosphere for Joint Success

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Alternative Treatments for Arthritis





You've Seen the Ads...

"Miracle cure for Arthritis – call now!"

There are thousands of products, foods and treatments touted as effective treatments and cures for arthritis. And it's no wonder – after all, arthritis is not well understood and it affects millions of people around the world. Arthritis can be unpredictable with periodic flare-ups and "quiet periods," making it difficult for people to determine if a particular treatment or medication is working or if it is a natural remission. In other cases, the placebo affect can be powerful as patient expectations of a treatment's effectiveness may trigger an improvement. For these and other reasons, it is important for you, your health and your pocketbook to critically examine claims and information about any proposed treatment.

What Exactly is Arthritis?

Arthritis, which means "joint inflammation," is a general term. There are over 120 different kinds of arthritis; the most common is osteoarthritis. Osteoarthritis, often called "wear and tear" arthritis, results when the weight-bearing joints simply begin to wear out.

Another kind of arthritis, rheumatoid arthritis, is different in that it is an autoimmune disease – meaning the body is attacking itself. It is often characterized by inflamed, swollen and painful knuckles and joints. Rheumatoid arthritis can affect the whole body, not just the joints, resulting in fever, weight loss, and fatigue.

There is no cure for arthritis. Many conventional treatments can be ineffective or have significant side effects, so it is not surprising that many people seek out alternative treatments for relief.

What are "Alternative Treatments?"

The term "alternative treatments" is used to describe treatments that are outside the scope of traditional or established medical science. They typically have not been proven or evaluated in the same way that new medications are. For example, before a new medication can enter the marketplace, it must go through an extensive process involving medical schools, research institutions, numerous studies, and federal regulatory agencies before a claim can be made. Many alternative treatments or therapies have not been through this extensive process.

What are Some of the Alternative Treatments for Arthritis?

Glucosamine sulfate – Recent studies have shown it to be of little or no benefit to arthritis sufferers. However, many who take this supplement swear by it, and most medical experts agree it is relatively safe. As with all supplements you should still inform your doctor if you plan on taking glucosamine as it may affect blood glucose metabolism. This is especially important if you have diabetes.

Chondroitin sulfate – It is often combined with glucosamine, but not as well studied. Chondroitin is promoted as providing some benefit to the synovial fluid, the fluid that lubricates and nourishes cartilage, though this has not been proven. While chondroitin is considered relatively safe, your doctor should be informed if you decided to take it because it may interact with blood thinners such as Coumadin.

Shark cartilage – For many years it was thought that sharks did not get cancer, so many believed that taking shark cartilage would prevent cancer. Shark cartilage has also been touted as an arthritis cure. It turns out that sharks do in fact get cancer, and studies have shown that shark cartilage is ineffective as a cancer fighter or as an arthritis treatment.

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