



A GUIDE FOR PATIENTS

KNOW MORE ABOUT YOUR KNEE PAIN





YOUR GUIDE TO CINGAL®

Knee pain due to **osteoarthritis** can impact your lifestyle and daily activities.

This guide is intended to help you learn more about how Cingal® works and gain useful lifestyle tips. It's important to feel supported and have access to all necessary resources so you can get the most out of your treatment.

WHAT IS OSTEOARTHRITIS (OA)?

OA, once known as “wear-and-tear arthritis,” is defined by the Osteoarthritis Research Society International (OARSI) as the result of the body’s failed attempt to repair damaged joint tissues.

OA is a progressive disease that gradually worsens over time. Many people will initially try to treat the pain using over-the-counter medications such as acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs).

Without proper treatment, OA can lead to increased pain, stiffness, and reduced mobility.

OA is the most widespread type of arthritis, affecting nearly 4,000,000 Canadians.



1 in 7
Canadians

OA most commonly affects the **knee joints**.

90%

**OF PEOPLE WITH OA
EXPERIENCE JOINT PAIN,
STIFFNESS, OR ACHING.**

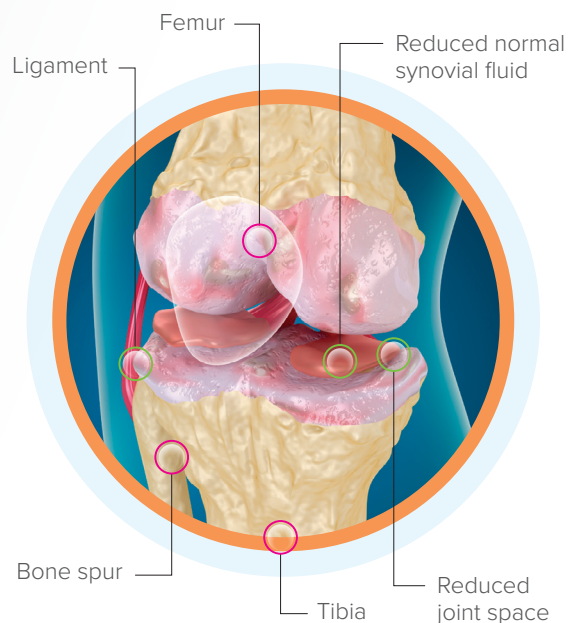


OA KNEE PAIN IS CAUSED BY CHANGES IN SYNOVIAL FLUID AND JOINT STRUCTURES

A healthy knee contains synovial fluid, a viscous liquid that is responsible for lubricating the joint and absorbing shocks. Synovial fluid also has anabolic anti-inflammatory and analgesic effects.

Hyaluronic acid is a major component of normal synovial fluid and contributes to the fluid's viscoelastic properties.

Changes in the synovial fluid and degeneration of joint structures may lead to OA knee pain. Pain from OA of the knee may be worse during weight-bearing activities, particularly when climbing stairs or bending. For some people, pain may be present even at rest.



Patients may experience different levels of knee pain.

HOW CAN CINGAL® PROVIDE RELIEF FROM OA KNEE PAIN?

In a **convenient** single injection, Cingal® combines the benefits of a trusted anti-inflammatory with Monovisc® to relieve OA knee pain.

Anti-inflammatory corticosteroid	Monovisc®
Provides FAST pain relief, beginning 24 hours after administration.*	Offers effective and sustained pain relief for up to 6 months .

- Generally well tolerated
- Administered by your doctor as a single intra-articular injection

Cingal® is a single intra-articular injection treatment that provides relief for osteoarthritis knee pain.

It is used for those who have not achieved adequate pain relief from simple pain relievers like acetaminophen or from exercise and physical therapy.

HEAR FROM REAL PATIENTS AND LEARN ABOUT THE BENEFITS OF INCORPORATING CINGAL® INTO YOUR OA KNEE PAIN TREATMENT PLAN.

Visit cingal.ca

SCAN HERE



*Cingal® includes an ancillary steroid that offers short-term pain relief.

EXERCISE CAN HELP MANAGE OA KNEE PAIN

For people with OA, three types of exercises are recommended:

- Range-of-motion exercises (also known as flexibility exercises)
- Endurance or aerobic exercises
- Strengthening exercises

Each plays a role in maintaining flexibility and improving movement and function.

LOW-IMPACT ACTIVITIES

Try exercises that are easier on your knees, such as:



Biking



Swimming



Water aerobics

Inquire about classes for people with OA at your local community and hospital wellness centres, gyms, and pools.

To safely participate in activities such as golf, which includes movements that may hurt your knees, speak to your doctor or physical therapist.

30 MINUTES OF EXERCISE A DAY IS AN IDEAL GOAL

- Start slowly, about 10 minutes every other day. If you are pain-free, gradually increase frequency and intensity until you reach your goal.
- It is normal to have mild muscle soreness. Speak to your doctor before using over-the-counter pain relievers such as acetaminophen, ibuprofen, or naproxen to ease muscle pain. Ice can also help.

Mention any joint pain to your doctor.

COMPLETE THE KNEE PAIN CHECKLIST TO HELP QUANTIFY YOUR PAIN AND DISCUSS IT WITH YOUR DOCTOR.

Visit kneepainrelief.ca/resources

Visit kneepainrelief.ca for examples of exercises and other tips to help relieve your OA knee pain.

SCAN HERE



DISCOVER OUR COMPREHENSIVE PORTFOLIO OF PRODUCTS SPECIFICALLY DESIGNED TO SUPPORT YOUR OA KNEE PAIN RELIEF

CINGAL

Cingal® is indicated for the treatment of pain in OA of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and to simple analgesics (e.g., acetaminophen). Cingal® includes an ancillary steroid to provide additional short-term pain relief.

Please consult the Cingal® package insert for important information about:

- Contraindications in patients with known hypersensitivity to hyaluronate preparations and/or to triamcinolone hexacetonide preparations; who are pregnant or women who suspect they might be pregnant and do not inject Cingal® in the knees of patients with infections or skin diseases in the area of the injection site or joint.
- Other relevant warnings and precautions: do not concomitantly use disinfectants containing quaternary ammonium salts for skin preparation; use with great caution in patients with impaired cardio-renal function, endocrine, or other diseases or conditions for which the use of corticosteroid is warned against; in joints other than the knee; in more than one course of treatment, should only be injected by medical professionals trained in accepted injection techniques for delivering agents into the knee joint, in lactating women, and pediatric patients (≤ 21 years of age).
- Adverse effects and directions for use.

The package insert can also be obtained by calling PENDOPHARM at 1-888-550-6060 or by emailing medinfo@pendopharm.com.

MONOVISC

Monovisc®, a viscosupplement, is administered by your doctor as a single intra-articular injection. Monovisc® is indicated in the treatment of pain in OA of the knee, hip, shoulder and ankle in patients who have failed to respond adequately to conservative non-pharmacologic therapy and to simple analgesics, e.g., acetaminophen.

ORTHOVISC

Orthovisc® is another viscosupplement option. It is administered as three intra-articular injections over the course of three visits. Orthovisc® is indicated for the symptomatic treatment of OA of the knee.

For more information:

Cingal®, Monovisc®, and Orthovisc® may not be suitable for everyone. Talk to your doctor if you have questions regarding these products, or for more information on pain associated with OA of the knee.

For more information relating to contraindications, precautions, adverse reactions, dosing, and directions for use for Cingal®, Monovisc®, and Orthovisc®, please contact the **Medical Information Department at 1-888-550-6060 or send an email to medinfo@pendopharm.com.**

A UNIQUE
FORMULATION
TREATMENT

CINGAL

**FAST +
LONG-LASTING
OA KNEE
PAIN RELIEF**



HELPLINE

Check your insurance coverage

The insurance coverage helpline makes it easy for you to find out if your insurance covers Cingal® by contacting your insurance provider with you.

Call 1-855-491-5754 to speak to an insurance coverage specialist.



PENDOPHARM
OPEN MINDS THINK ALIKE

Cingal®, Monovisc® and Orthovisc® are registered trademarks owned by Anika Therapeutics Inc., used under licence by PENDOPHARM, a division of Pharmascience Inc.

PENDOPHARM and its design are registered trademarks owned by Finchley Research and Development Inc., used under licence by PENDOPHARM, a division of Pharmascience Inc.

Product information contained herein is not approved for use in the United States of America.

A20250808E