



NEWS RELEASE

Glucosamine Sulfate Reduces Progression of Knee Osteoarthritis

Boston, November 15, 1999. Glucosamine sulfate, a dietary supplement sold over the counter in drug and health food stores in US and as a prescription drug in Europe and other countries, reduces the signs and symptoms of osteoarthritis of the knee, according to research presented at the American College of Rheumatology Annual Scientific Meeting Nov. 12-17 in Boston, Mass.

"For the first time, we have shown that a compound may be able at least to slow down the progression of osteoarthritis", said lead investigator Jean-Yves Reginster, MD PhD, of the University of Liege in Belgium.

Osteoarthritis, the most common form of arthritis, is the deterioration of cartilage that cushions bones in the joints. The disease affects 12 percent of the population, many of whom eventually undergo total joint replacement or become disabled. The three-year study compared disease symptoms and average joint space widths, as measured by radiographs, between patients taking a 1500 mg daily dose of glucosamine sulfate and those taking a placebo. Joint space narrowed in patients on placebo and showed no difference in patients on glucosamine sulfate. Symptoms worsened for patients on placebo and improved for those on glucosamine sulfate.

The American College of Rheumatology is the professional organization for rheumatologists and health professionals who share a dedication to healing, preventing disability and curing arthritis and related rheumatic and musculoskeletal diseases. For more information on the ACR's annual meeting, see <http://www.rheumatology.org>.
