HELP IS HERE FOR YOUR JOINT PAIN

WHAT YOU NEED TO KNOW ABOUT OSTEOARTHRITIS JOINT PAIN AND RELIEF
Joint Pain

If you have joint pain, feel stiff, or have swollen joints, you may have a condition called osteoarthritis (OA).

What is OA?

OA is the most common form of arthritis. It affects more than 30 million Americans and is a chronic condition. The important thing to keep in mind is that arthritis pain can be managed. OA pain is caused by a breakdown of the protective cartilage of joints. Some call OA “wear and tear” arthritis because, over time, bones may rub together causing mild-to-severe pain.

What are the symptoms of OA?

If you’ve experienced any of the following, it might be time to talk to your doctor:

• Joint pain
• Joint stiffness
• Joint instability
• Restricted mobility
• Enlarged joints
Are You at Risk for OA?

There are some risk factors to keep in mind when trying to figure out if you may have OA:

- **Age**—the risk of OA increases with age
- **Obesity**—increases the likelihood of wear and tear on the knees
- **Injury or overuse of joints**—prior knee injury has a strong correlation with OA
- **Genetics**—those who have OA in their family history are more prone to OA
- **Gender**—OA is more common in women and tends to be more severe

How to Manage OA

Your first step is to get moving

Arthritis experts agree that your first line of defense is to adopt healthier habits, like regular exercise, losing excess weight, and becoming educated about the disease.

It's been proven that mild-to-moderate exercise is helpful for people with arthritis, and is a highly effective non-drug treatment for managing pain and stiffness of OA.

SOME QUICK MOVEMENT TIPS:

- Physical activity may help relieve arthritis pain
- Movement may help to delay other chronic diseases, like heart disease and diabetes
- You can adjust your activity depending on your symptoms
- Some physical activity is better than none
You May Need Medication

If improved habits are not enough to manage your OA pain, there are OTC pain relief options that can help.

**TOPICAL OA PAIN TREATMENT**

**NSAIDS: VOLTAREN® ARTHRITIS PAIN**
Topical NSAIDs target arthritis pain at the site and work by temporarily blocking the production of pain signaling chemicals called prostaglandins.

The American College of Rheumatology (ACR) strongly recommends topical NSAIDs for OA of the knee, and conditionally recommends them for OA of the hand.

**CAPSAICIN: Capzasin®**
Capsaicin provides a sensation of warmth, itching, or burning as a diversion.

**COUNTERIRRITANTS:**
*Bengay®, Aspercreme®, IcyHot®*
Counterirritants alter pain sensations by creating cooling, heating, or tingling sensations.
Unlike Voltaren® Arthritis Pain, CBD products have not been clinically proven or FDA approved for the relief of OA pain.

**ORAL OA PAIN TREATMENT**

**NSAIDS: Advil®, Motrin®, Aleve®**
Oral NSAIDs can relieve arthritis pain by temporarily blocking the production of pain signaling chemicals called prostaglandins.

**ACETAMINOPHEN: Tylenol®**
Acetaminophen is not a nonsteroidal anti-inflammatory medicine. It works by elevating the body’s pain threshold, so you feel less pain.

Unlimited freedom
Distributed exclusive by AI-based. On 3.53 oz (100g) or larger
The first prescription-strength OTC topical NSAID gel for OA pain relief

Pain relief gel as an alternative to pills
Clinically proven to relieve the pain of arthritis

Voltaren® Arthritis Pain is made of a smooth, non-greasy formula that combines a gel and cream (Voltaren Emulgel™). This specialized formulation helps the active ingredient, diclofenac, penetrate through the skin at the site of pain.
An Effective Alternative to Pills and Topicals

**Voltaren® Arthritis Pain** may be enough to help you take fewer pills

### VOLTAREN® ARTHRITIS PAIN VS OTC PAIN PILLS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Voltaren® Arthritis Pain Gel</th>
<th>Aleve® pain reliever caplets</th>
<th>Tylenol® Arthritis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied topically for targeted pain relief</td>
<td>✓</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Contains nonsteroidal anti-inflammatory drug (NSAID)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Can be used for up to 21 days without consulting a physician</td>
<td>✓</td>
<td>✗</td>
<td>✗</td>
</tr>
</tbody>
</table>

See how Voltaren® Arthritis Pain compares with other topicals

### VOLTAREN® ARTHRITIS PAIN VS TOPICAL OTC PAIN RELIEVERS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Voltaren® Arthritis Pain Gel</th>
<th>Biofreeze® Pain Relief Gel</th>
<th>Salonpas® Deep Relieving Gel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contains nonsteroidal anti-inflammatory drug (NSAID)</td>
<td>✓</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Full prescription strength</td>
<td>✓</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Menthol scent</td>
<td>✗</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
Voltaren® Arthritis Pain provides effective pain relief

TREATMENT AREAS

Hand  Wrist  Elbow  Foot  Ankle  Knee

IF YOU EXPERIENCE...

✔ Joint pain  ✔ Stiffness  ✔ Lack of mobility  ✔ Enlarged or swollen joints

YOU MIGHT HAVE OA

Ask your doctor if Voltaren® Arthritis Pain is right for you. Visit VoltarenGel.com for more information and special offers.

Striving to live a healthier lifestyle is still important to managing your OA. For tips, visit the first arthritis-friendly website, VoltarenGel.com.

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The joy of movement