

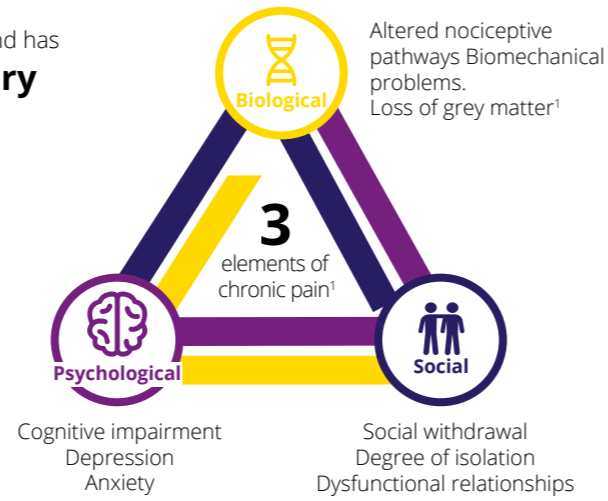
# Osteoarthritis: Redefining the Way We Consider This Chronic Condition

## 1) Chronic Pain is Unique for Each Individual and has 3 Essential Components



Chronic pain is complex and has **little evolutionary benefit**<sup>1</sup>

Chronic pain affects **>30%** of people worldwide<sup>2</sup>



## 2) OA: A Serious Chronic Disease That is Not Simply Part of Ageing

In the latest Global Burden of Disease (2017) there are estimated to be **303.1 million cases** of hip and knee OA → age standardised prevalence estimate of **3,754.2 per 100,000**<sup>2</sup>

The main symptom that the OA patient experiences is persistent pain.<sup>3</sup>



OA is now classified as a **serious disease** by OARSI, and has **no current cure or disease modifying treatment**<sup>3</sup>



Globally, **80%** of those with OA will have limitations in movement, and **25%** cannot perform their major daily activities of life.<sup>3</sup>

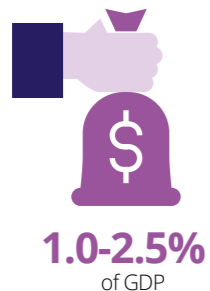


The mean years lived with disability associated with OA are estimated to be **>12 million**<sup>3</sup>



In a longitudinal study over **23 years**, the more severe the walking disability, the higher the risk of death.<sup>3</sup>

This significant burden of disease is associated with significant economic expenditure<sup>4</sup>



Comorbidities in patients with osteoarthritis<sup>3</sup>

Comorbidities commonly presenting with OA are likely to be worsened by a lack of mobility and disability.



Hypertension



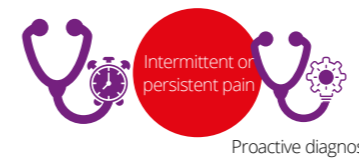
Heart disease



Diabetes

## 3) Earlier Diagnosis is Key to Driving Better Outcomes

**Early diagnosis**<sup>5</sup> enables proper disease management and reduction of the burden of disease

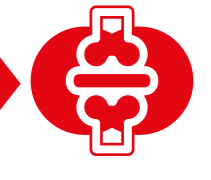


Greater opportunity for symptomatic treatment

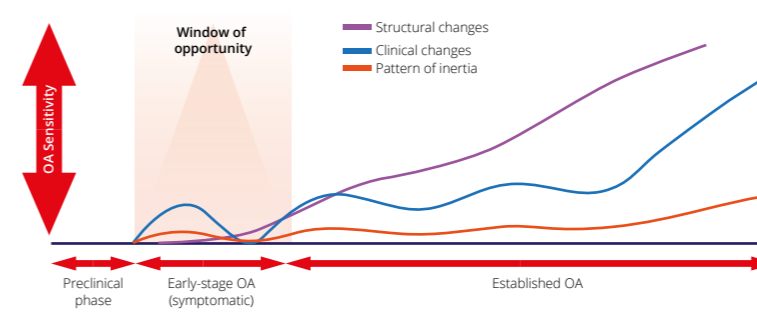
**Multimodal approach**<sup>6</sup>



Slow progression



Early OA stages provides a 'window of opportunity' to restore joint homeostasis and allowing the patient to maintain activity<sup>5</sup>



Better long term management of OA as a disease and reduced negative impact on common co-morbidities

## 4) A Framework for Better Long-Term Patient Outcomes in OA

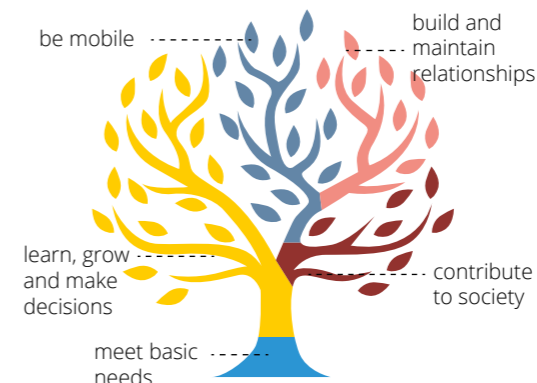
The WHO Decade of Healthy Ageing (2021-2030)<sup>7</sup>

The process of developing and maintaining the functional ability that enables wellbeing in older age.

- Change how society thinks, feels and acts towards age and ageing
- Delivering person-centred integrated care
- Deliver primary health services that respond to older people's needs

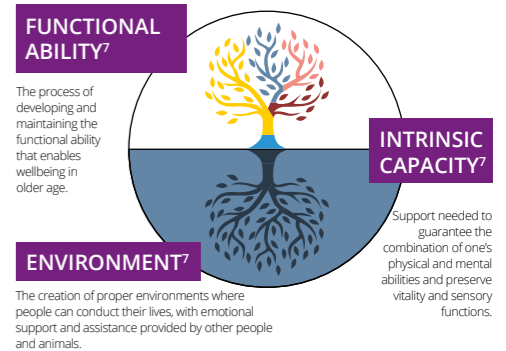
It represents an important decade for the improvement in recognition and care of current and future OA patients:<sup>7</sup>

What patients want!



What do OA patients need?

A multi-disciplinary team of healthcare professionals working together with patient to deliver a personalised pathway of care to live well with chronic painful disease<sup>6</sup>



GLA:D - A nationwide example of integrated multi-disciplinary care working for OA patients from Denmark<sup>9</sup>

Study: 9,825 participants with knee and hip OA were provided with education and a supervised, structured exercise program over 8 weeks

GLA:D and care programs of similar design have the potential to improve OA patients pain and general health outcomes in a sustainable way consistent with the goals of the decade of healthy aging.

Registry recorded measurements demonstrated that patients experienced pain and physical function improvements out to 3 months and general quality of life improvements at 3 and 12 months.<sup>9</sup>



Encourage patients to live life well with OA