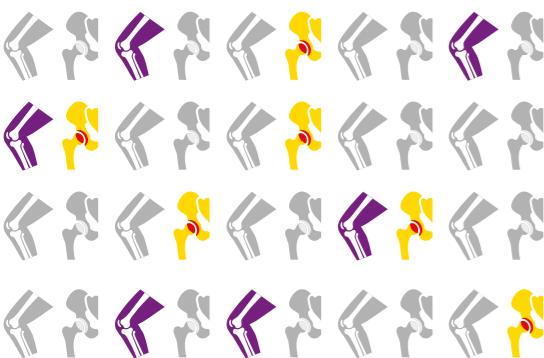


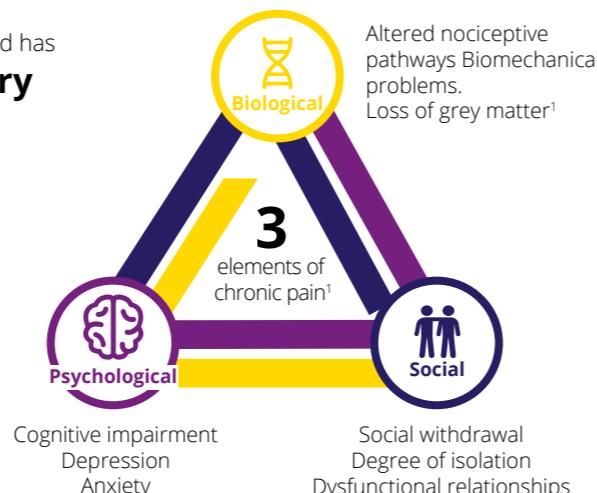
Osteoarthritis: Redefining the Way We Consider This Chronic Condition

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



Chronic pain is complex and has
little evolutionary benefit¹

Chronic pain affects
>30%
of people worldwide¹



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 100,000²**

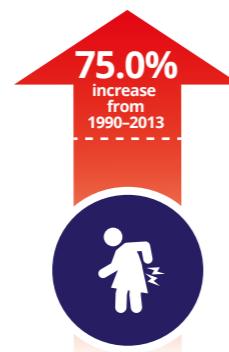
The main symptom that the OA patient experiences is persistent pain.³



OA is now classified as a
serious disease
by OARSI, and has
no current cure or disease modifying treatment³



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



The mean years lived with disability associated with OA are estimated to be **>12 million³**



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

This significant burden of disease is associated with significant economic expenditure⁴



1.0-2.5%
of GDP

Comorbidities in patients with osteoarthritis³

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 diagnosis⁵
enables proper disease management and reduction of the burden of disease



Multimodal approach⁶

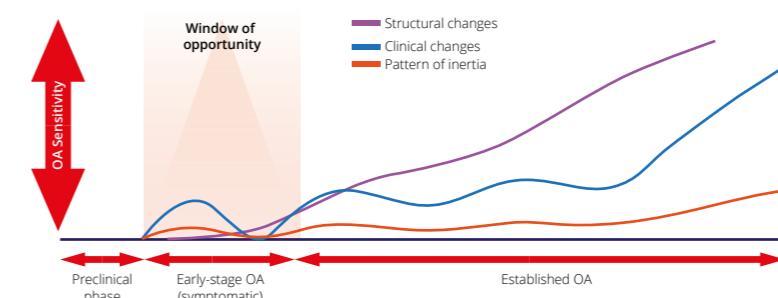


Greater opportunity for symptomatic treatment

pharmacological
non-pharmacological
(i.e. education/exercise/ weight loss)



Early OA stages provides a 'window of opportunity' to restore joint homeostasis and allowing the patient to maintain activity⁵



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

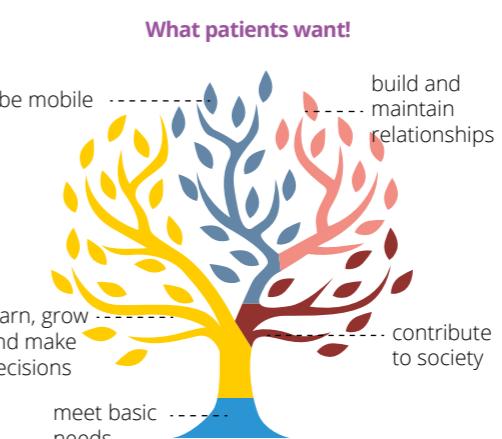
4) A Framework for Better Long-Term Patient Outcomes in OA

The WHO Decade of Healthy Ageing (2021-2030)⁷

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

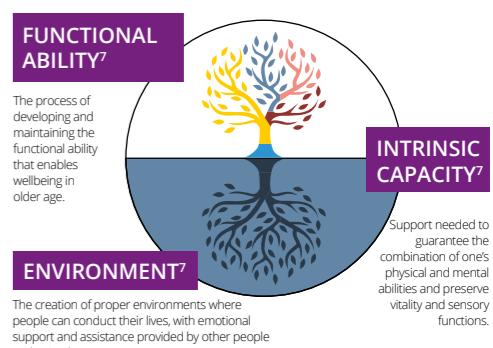
- Change how society thinks, feels and acts towards age and ageing
- Delivering person-centred integrated care
- Deliver primary health services that respond to older people's needs

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



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 disease⁶



GLA:D - A nationwide example of integrated multi-disciplinary care working for OA patients from Denmark⁸

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.⁹



Chronic OA patient education
3 sessions over 2 weeks



structured, supervised exercise (class + home based)
12 sessions delivered twice weekly for 6 weeks



Expert patient live well with OA

→ Encourage patients to live life well with OA

Abbreviations

GBD: Global Burden of Diseases, Injuries, and Risk Factors Study; **GDP:** gross domestic product; **GLA:D:** Good Life with osteoArthritis in Denmark; **OA:** osteoarthritis; **QoL:** quality of life; **WHO:** World Health Organization; **YLDs:** years lived with disability.

