

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Knee injections that help ease pain

Q. I heard there's this goop that you can get injected into your knee that can ease pain. True?

A. Yes. The *goop* is hyaluronan, which is a thick lubricant and shock absorber in joint fluid. Hyaluronan injections — also called viscosupplements — are given to people with osteoarthritis.

Viscosupplementation began in Japan and Italy in 1987, in Canada in 1992, in Europe in 1995 and in the United States in 1997.

Some anatomy. The knee, which is the largest joint in the body, is made up of the thighbone (femur), shin bone (tibia) and the kneecap (patella). Surfaces of this joint are covered with cartilage, a smooth substance that cushions the bones and enables them to move easily. The lateral meniscus and medial meniscus are pads of cartilage that further cushion the joint, acting as shock absorbers between the bones.

In addition, surfaces of the knee are covered by a thin, smooth tissue liner called the synovial membrane. This membrane releases fluid that lubricates the knee and reduces friction.

Osteoarthritis is a



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degenerative joint disease which primarily affects cartilage. The cartilage erodes and the synovial fluid loses its ability to lubricate the joint. This breakdown causes pain, stiffness and limited range of motion.

Hyaluronan is injected into the knee to improve lubrication and reduce the symptoms of osteoarthritis.

There are several versions of hyaluronan injections for osteoarthritis in knees. These include: Euflexxa, Hyalgan, Orthovisc, Supartz, Synvisc and Nuflexxa.

Hyaluronan injections are recommended when conservative treatments — medications, physical therapy, heat/cold — aren't working. The injections produce their best results if the patient is in the early stages of

osteoarthritis. Possible side effects of these injections include joint swelling and pain.

The course of treatment depends upon the drugs used. The injections are usually given weekly. Synvisc-One is a single injection viscosupplement.

In an analysis of eight hyaluronan trials involving 971 patients, outcomes in patients treated with hyaluronan were superior to outcomes in patients treated with placebo. The most significant pain relief occurred eight to 12 weeks after the first injection for most patients.

Studies have shown that Synvisc and Hyalgan provide pain relief from knee osteoarthritis for up to six months. Supartz was shown in studies to provide pain relief for up to 4 1/2 months after the fifth injection. Patients may be able to repeat the course of treatment with hyaluronan injections.

However, a recent study out of Switzerland indicates that the injections don't work. According to the researchers, the effect on pain was minimal, and the injections had no effect on functioning.

"Unfortunately, there is no evidence to suggest that viscosupplementation

results in any relevant reduction in symptoms in patients with knee osteoarthritis," said study co-author Dr. Peter Juni, professor of clinical epidemiology at the University of Bern in Switzerland.

In addition, the research in Switzerland suggested the injections could cause gastrointestinal and cardiovascular problems and other harmful side effects.

The researchers reviewed 89 studies that compared injections with either a placebo treatment or no treatment. In all, the studies involved more than 12,000 adults aged 50 to 72.

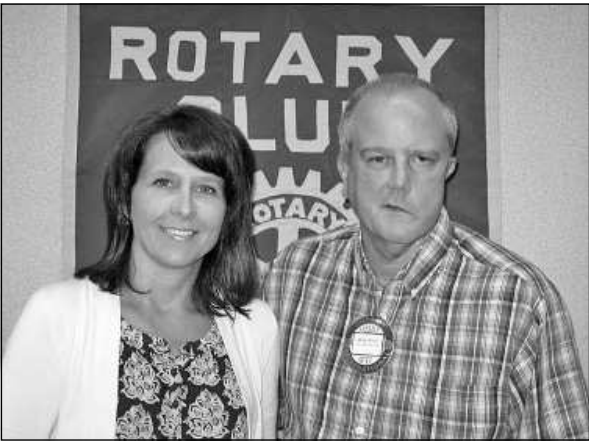
The authors pointed out several study limitations. They said the methodology of some of the studies was flawed, the overall quality was generally low, and many provided no information on safety.

Medicare and most insurance companies now cover viscosupplementation with restrictions.

If you would like to ask a question, write to fred@healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

ROTARIAN OF THE YEAR



CONTRIBUTED PHOTO

Becky Roeder was chosen 2014 Rotarian of the Year. The award was presented by International Falls Rotary Club President Mike Ward.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Salisbury steak
Gravy
Mashed potatoes
Carrots
Fruit

TUESDAY

Garden potato soup or alternate

Ham slice
Whole wheat bread
Lettuce leaf
Slice of cheese
Refrigerator pickles
Fruit

WEDNESDAY

Chicken dressing bake
Gravy
Carrots
Coleslaw
Baked apples

THURSDAY

Roast beef
Mashed potatoes
Gravy
Green beans
Rhubarb upside down cake

FRIDAY

Parmesan crusted chicken
Parsley buttered potatoes
Carrot coin salad
Fresh fruit

MEMORIAM

In loving memory of our brother, **Leroy Lundquist**, who passed away eight years ago, July 7, 2006.

*With each passing day,
We miss you in every way.
Our world has changed forever,
Our lives are not the same;
But close within our hearts,
Your smiling face remains.
We cherish all the memories,
Filled with happiness and love;
We know you are watching us from above.*

**Sadly missed by
Julie Leinum and family
Susan Donnell and family
Frank Lundquist and family
Tammy Ojala and family**

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:
Michelle Bruyere and Dillon Smith, Couchiching, Ontario, a son, Nico Graycloud Smith, 6 pounds, 6.5 ounces, June 11, 2014.

Christine Ottertail and Bryan Bruyere, Couchiching, Ontario, a daughter, Shannon Leigh Joan Charlene Bruyere, 6 pounds, 9 ounces, June 12, 2014.
Karleigh Anderson and

Troy Kingbird, Fort Frances, Ontario, a daughter, Nevaya Ann Danielle Germaine Kingbird, 7 pounds, 15 ounces, June 17, 2014.

James Olson and Lisa Cyr, Rainy River, Ontario, a daughter, Alyssa Bradley Louise Dawn Olson, 8 pounds, 2 ounces, June 18, 2014.

Tiffany Whalen and Jarid Sandelovich, Fort Frances, Ontario, a son, Liam James Sandelovich, 7 pounds, 14 ounces, June 20, 2014.

LOOKINGBACK

25 YEARS AGO

L. Jack Briggs has been selected as one of only 17 national community college leaders to be a Kellogg Fellow and attend a prestigious leadership sponsored by the League for Innovation in the Community College at the University of Texas, Austin.

Jenna and Patrick, along with their mom and dad, John and Jan Strain, are happy and proud to announce the arrival of Paul Joseph. Paul was born July 3 at St. Mary's Hospital, Madison, Wis.

40 YEARS AGO

Arthur Fehrmann, Alfred Abraham, James Smart, LaVerne Covell, Raymond Auger and Albert Otto retired from Boise Cascade in June.

Sixty new apartments in South International Falls are now ready for occupancy, according to Danny and Cheryl Boyum, who manage

the new three-building complex at 21st Street on Second Avenue East.

50 YEARS AGO

A girl was born yesterday at Falls Memorial Hospital to Mr. and Mrs. Harry Baron, 6 pounds, 15 ounces.

Staff Sergeant Kenneth R. Blanchard, son of Mr. and Mrs. William F. Blanchard, 1612 First Ave., South International Falls, has arrived for duty with an Air Force communications service unit at Osan Air Base, Korea.

A showy Lady's Slipper, the Minnesota state flower, withstood a transplanting six years ago and now blossoms in the yard of Mrs. James A. Smart, 521 Eighth St. Her husband moved the plant when a gravel pit was being opened and hundreds of the plants were being destroyed.

Larry Sheehy of the city

was one of the fortunate who were able to get into the Oak Ridge Country Club at Hopkins Monday night to help Max Winter celebrate his 60th birthday anniversary.

60 YEARS AGO

Mike Carew, pioneer resident of the Indus community, died at the age of 91.

The two youngsters that took first place in the most original costume division of the July Fourth parade are David Stenberg, dressed as Merriwether Lewis, the explorer and scout and his companion, Sacajewiah.

Michel Biondich was a winner in the clown division of the Fourth of July parade.

A daughter was born today at Littlefork Hospital to the Rev. and Mrs. Earl Skifstad, Big Falls; weight, 8 pounds, 4 1/2 ounces.

70 YEARS AGO

Mr. and Mrs. Walter Kyle, 520 Eighth St., are parents of

a daughter, Linda Kay, born this morning at the home of Mrs. A.G. Sanborn.

Mr. and Mrs. Joe Batdorf, Ericsburg, recently received a unique cigarette lighter from their son, Sgt. Fred Batdorf, who is stationed at Camp Muroe, Calif. It is made from a 50 caliber American shell, with the top fashioned from a bullet.

Bud and Earl Hickey, both employed at the Butler Shipyards in Superior, Wis., were weekend visitors at the home of their parents, Mr. and Mrs. Delbert Hickey, 308 Ninth St.

Doyle, son of Mr. and Mrs. Art Hartje, underwent surgery Monday at Littlefork Hospital. His brother, Dale, was an operative patient there last week.

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... www.ifallsjournal.com

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Staffed Hours: 8am-6pm M-F Phone: 218.285.2901
www.StrideFitnessHealth.com

SUMMER 2014

ISD 361 Preschool Summer Classes

ISD 361 Early Childhood will be offering some fun and learning summer preschool classes. Each session is Monday–Thursday for 2 weeks. 9:00-11:30 Tuition: \$50.00 for the 2 weeks

Teacher: Missy Walls
Call Community Ed to Register @ 283-2571 ext. 186
Limited spots available!

Ages: 3 years (potty trained)-entering Kindergarten

July
Animals Animals Animals
July 21st - 24th
&
July 28th - 31st

August
Bees Bugs Butterflies
August 11th - 14th
&
August 18th - 21st