

## Causes and risk factors for joint pain

Joint pain can be an acute or a chronic condition. An injury is a common cause of acute joint pain for example twisting a knee or an ankle joint during sport or exercise. <sup>1</sup> A leading chronic form of joint pain, osteoarthritis, is a disease of the whole joint involving progressive deterioration and loss of cartilage, as well as changes to the structure and function in the entire joint, and damage to ligaments and bone.<sup>2</sup> It is one of the most common forms of joint disease, frequently affecting the knees, hips, spine and hands. <sup>1-3</sup>



People are more at risk of experiencing knee pain as they get older and if they are overweight.<sup>1,3</sup>



Identifying activities that make your joint pain worse or better and making a note of them may help your healthcare professional understand the pain you are experiencing.<sup>4</sup>

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## Be a pain changer

Understanding your joint pain

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For Full Product Information refer to the product pack or contact us on:  
GlaxoSmithKline S.A.E (Co Reg.No. 208407)  
Boomerang Building P.O. BOX: 41  
Building no. 46, Block (J), Fifth District - New Cairo, Cairo - Egypt.  
Telephone: (+202) 26185000

Adverse events should be reported to GlaxoSmithKline S.A.E. on (+202) 26185150

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If – like Nora – you suffer from joint pain and just want to get back to enjoying your life, there are ways to get support.

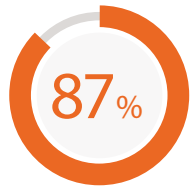
There are some simple non-medical approaches that may help, such as: <sup>1,7</sup>

## Meet Nora

Nora wakes with pain and stiffness each morning, but does not want this to control her life or her choices.

She is already taking lots of oral medications and is concerned that adding more will increase her risk of side effects. Nora tries to stay active by gardening and going for walks, but this can sometimes be a struggle. She wants sustained relief from her pain so she can do the things she enjoys, like walking and spending time with her grandchildren.

Nora is not alone. Joint pain is very common: in a global online survey of over 24,000 people across 24 countries, **87% reported that they had experienced joint pain.** <sup>5\*</sup> The World Health Organization estimates that, by 2050, **130 million people worldwide** will suffer from a chronic form of joint pain – osteoarthritis.<sup>6</sup> Pain, inflammation or stiffness in the joints may affect your ability to move freely and perform simple daily tasks. <sup>1</sup>



\*These data were derived from a global online survey – the Global Pain Index – which asked people to self-define the pain they had experienced at any point in time. <sup>5</sup>



Exercising as part of your daily routine. However, you should consult your doctor for advice before starting any exercise programme to ensure it is tailored to your needs



Eating a healthy balanced diet which is nutritious and helps keep weight within the ideal range



Using hot or cold packs, which may help to relieve your pain

There are also some topical medications that may help: <sup>8,9</sup>



Unlike pills, non-steroidal anti-inflammatory gel works directly on the joint to give relief from joint pain<sup>9</sup>

Oral medicines that may help include: <sup>8,10</sup>



Paracetamol or non-steroidal anti-inflammatory drugs such as ibuprofen, ketoprofen, or piroxicam



See your doctor if your pain persists and/or is accompanied by swelling, redness, tenderness and warmth around the joint. <sup>11</sup>

