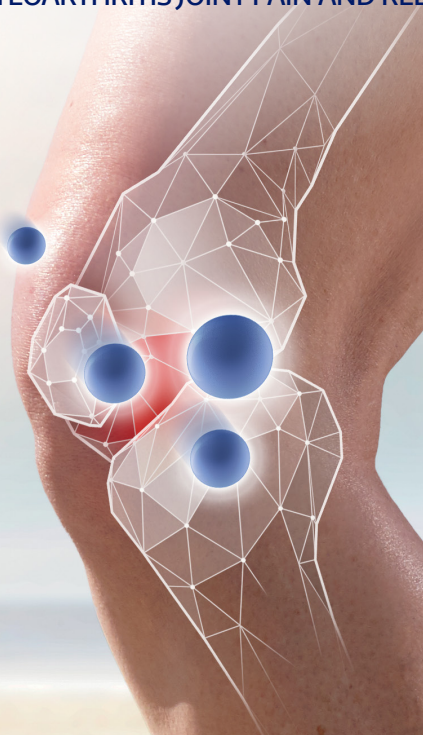




HELP IS HERE FOR YOUR JOINT PAIN

WHAT YOU NEED TO KNOW ABOUT OSTEOARTHRITIS JOINT PAIN AND RELIEF



On 3.53 oz (100g) or larger

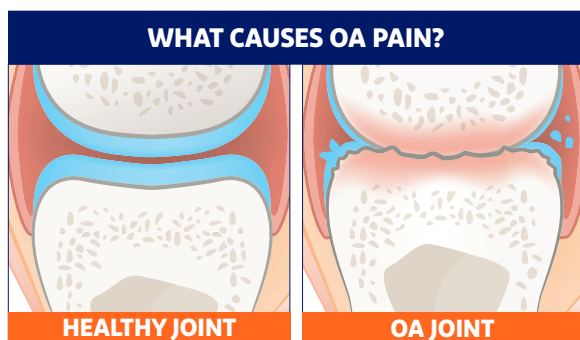
The joy of movement

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 32.5 million Americans and is a chronic condition.¹ 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. 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 nondrug 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**



On 3.53 oz (100g) or larger

The joy of movement



You May Need Medication

If improved habits are not enough to manage your OA pain, there are over-the-counter (OTC) pain relief options that can help.

OTC

TOPICAL OA PAIN TREATMENT

NSAIDs: VOLTAREN ARTHRITIS PAIN

Topical nonsteroidal anti-inflammatory drugs (NSAIDs) target arthritis pain at the source 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.

COUNTERIRRITANTS:

Bengay[®], Biofreeze[®], Salonpas[®], IcyHot[®]

Counterirritants alter pain sensations by creating cooling, heating, or tingling sensations.

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.

The ACR strongly recommends NSAIDs for knee, hip, and/or hand OA.²

ACETAMINOPHEN: Tylenol®

Acetaminophen is not a nonsteroidal anti-inflammatory medicine. It works by elevating the body's pain threshold, so you feel less pain.

According to the ACR, acetaminophen is only conditionally recommended for knee, hip, and/or hand OA.²



On 3.53 oz (100g) or larger

The joy of movement



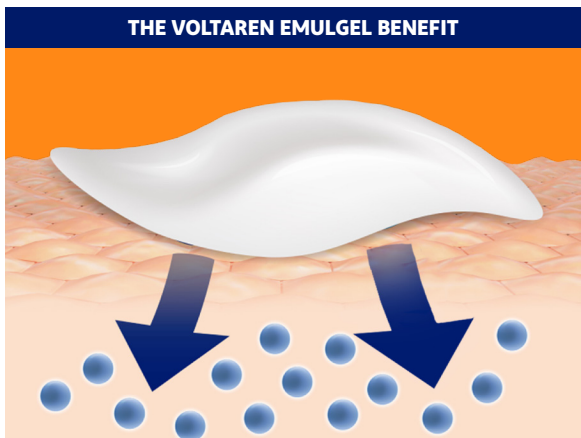
The first prescription-strength OTC topical NSAID gel for OA pain relief

Pain relief gel as an alternative to pills

Clinically proven to relieve the pain of arthritis.

- ✓ RELIEVES JOINT PAIN
- ✓ IMPROVES MOBILITY
- ✓ REDUCES STIFFNESS

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 to treat OA 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			
	VOLTAREN ARTHRITIS PAIN GEL	Aleve® pain reliever caplets	Tylenol® Arthritis
Applied topically for targeted pain relief	✓	✗	✗
Contains NSAID	✓	✓	✗
Can be used for up to 21 days without consulting a physician	✓	✗	✗

See how Voltaren Arthritis Pain compares with other topicals

VOLTAREN ARTHRITIS PAIN VS TOPICAL OTC PAIN RELIEVERS			
	VOLTAREN ARTHRITIS PAIN GEL	Biofreeze® Pain Relief Gel	IcyHot®
Contains NSAID	✓	✗	✗
Full prescription strength	✓	✗	✗
Menthol	✗	✓	✓
Paraben free	✓	✓	✗
Treats pain at the site of inflammation	✓	✗	✗



On 3.53 oz (100g) or larger

The joy of movement



Voltaren Arthritis Pain provides effective pain relief

TREATMENT AREAS



Hand/Wrist



Foot/Ankle



Elbow



Knee

IF YOU EXPERIENCE...



Joint pain



Stiffness



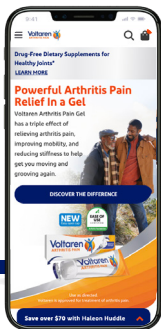
Lack of mobility



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.



On 3.53 oz (100g) or larger

References: 1. Centers for Disease Control and Prevention. Osteoarthritis. <https://www.cdc.gov/arthritis/osteoarthritis/index.html>. Updated May 4, 2020. Accessed July 31, 2024. 2. Kolasinski SL, Neogi T, Hochberg MC, et al. 2019 American College of Rheumatology/Arthritis Foundation guideline for the management of osteoarthritis of the hand, hip, and knee. *Arthritis Rheumatol*. 2020;72(2):220-233. doi:10.1002/art.41142

HALEON

©2024 HALEON group of companies or its licensor. All rights reserved. PM-US-VOLT-24-00068



The joy of movement