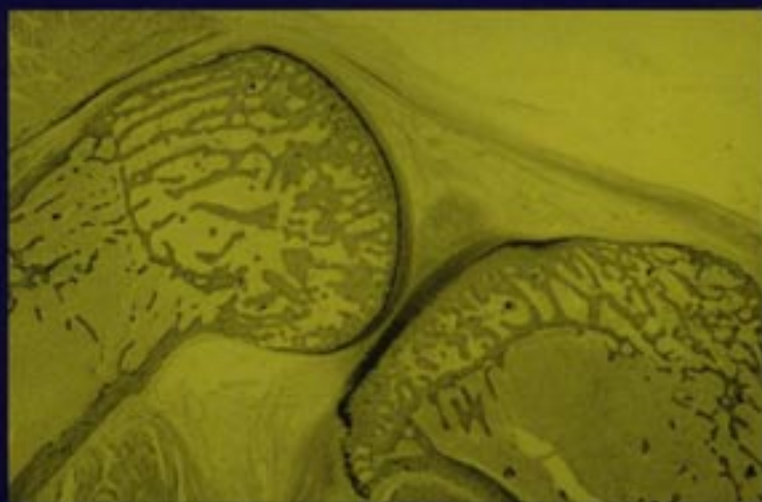


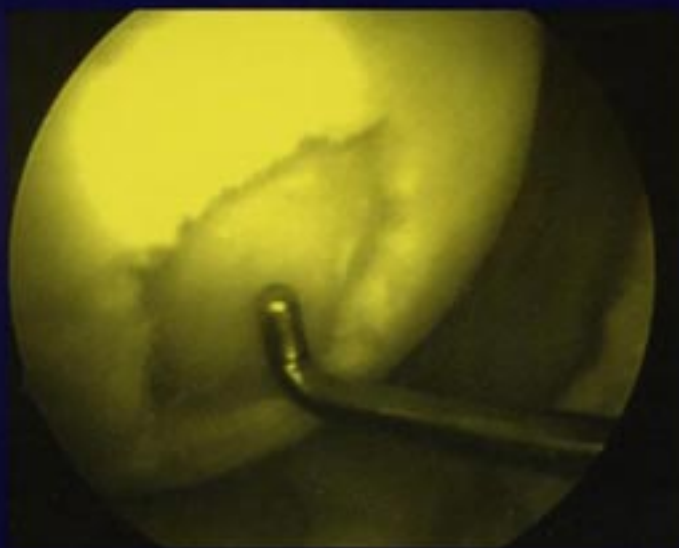
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LITIZIN, A NATURAL REMEDY, REDUCES JOINT PAIN AND THE CONSUMPTION OF RESCUE MEDICATION IN MIDDLE-AGED WOMEN WITH OSTEOARTHRITIS

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Purpose: A standardized dried powder, LitoZin, made from *Rosa canina* as earlier has been reported to exert anti-inflammatory properties and to alleviate joint pain. The aim of the present study was to test if the powder would reduce joint pain, patient's evaluation of the severity of their disease (PGAD) and the consumption of rescue medication in a group of middle-aged women suffering from osteoarthritis of different joints.

Methods: The study was randomized, double-blind and placebo-controlled. Available for the evaluation was 42 women, who either received active treatment or placebo (5 gram daily) in capsules for a three months period after which the group initially treated with active treatment was changed to placebo or vice versa for another three months treatment period.

Pain and stiffness were estimated on categorical scales from 0 (no impact) to 4 (total relief of the symptom). Visual analogue scales were used to analyse patients' global assessment of their disease severity (PGAD) and the consumption of rescue medication was estimated by simply counting tablets.

Results: Active treatment resulted in a significant reduction in the mean pain score: 1.85 ± 1.4 while on placebo vs. mean 1.15 ± 1.4 while on active treatment ($p < 0.039$). Joint stiffness likewise tended to decline as a result of active treatment ($p < 0.067$) when comparing all women. Comparing the group initially taking placebo and then changed to active treatment ($n=21$), resulted in a significant reduction in stiffness ($p < 0.014$) suggesting carry-over.

In accordance with the findings on pain and stiffness PGAD also declined as a result of active treatment ($p < 0.034$) when all patients were included. Evaluating the group receiving placebo first and then active treatment resulted in a ($p < 0.0068$). Active treatment also significantly reduced the consumption of paracetamol ($p < 0.024$).

Conclusions: The present data suggest that LitoZin reduces pain and disease severity. In accordance with these observations the consumption of rescue medication decline.