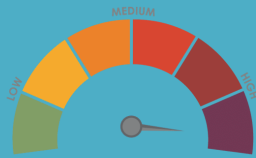


## Glucosamine & Chondroitin Tablets



All stages



Works best in stage 3 & 4

### What is it?

Protein supplements to help rebuild cartilage in the joint.

These supplements can be bought at any pharmacy or health store.

This treatment is not approved by NICE.



### Benefits

Decreases pain and swelling. It can also slow down the progress of the disease in some cases.

Will only work in conjunction with other treatments.



### Risks

Patients with seafood allergies, especially prawn allergies, should not take this medication as it can set off a reaction.

This treatment is not recommended by NICE as an effective treatment for an arthritic knee.



Very low cost



None



None



None



None



None



None



None



None



None



None

Limitations due to treatment



Video

## What does it involve?

Taking protein supplement tablets. These are not prescription medicines, so are not available on the NHS.

These supplements can be bought at any pharmacy or health store.

You're advised to take a combination of glucosamine and chondroitin. Usually, a higher dose of 1gm of glucosamine and 400mg of chondroitin is taken.

This treatment is not recommended by NICE.

## Effort/burden

The tablets might be expensive.

You must take these supplements for a minimum of three months to find out if they're working for you.

You should continue with all other physical therapy methods while taking these supplements, as the tablets may not work on their own.

## Benefits

Some studies show that these tablets may decrease the pain for some patients. Sponsored studies also show that, in some cases, the supplements can reverse the joint wear.

Some patients also report a decrease in the swelling.

## Limitations and side effects

The knee pain may not diminish completely

The tablets might be too big to swallow, so you may have to break them. Liquid versions are available but are generally more expensive.

Some may develop a bloated feeling or loose stools in the initial stages. This tends to settle down over a period of time.

This treatment may interfere with the control of diabetes, so requires careful monitoring of blood glucose levels in diabetic patients.

## Risks

Patients with seafood allergies, especially prawn allergies, should not take this medication as it can set off a reaction.

This treatment is not recommended by NICE as an effective treatment for an arthritic knee.

## Cost

The cost of these tablets is low for the patient and there is no cost for the NHS

Patient: Cost may vary depending on where you purchase the tablets; it's usually up to £1 a day for the treatment. It is best practice to purchase the tablets from reputable pharmacy stores.

If you're looking to purchase the vegan version, which is derived from seaweed, this is likely to be more expensive.

NHS: No cost for the NHS as this is not a prescription medication.

## What if no treatment is done?

Ongoing pain.

Arthritis may deteriorate and affect your activities of daily living (ADL), family life, work environment and leisure activities.

If your condition progresses, you may require a more complex and demanding procedure later on.

If the arthritis progresses significantly, further treatment may not be available.

You may regret not opting for treatment earlier.

## References

- <https://www.nice.org.uk/guidance/cg177/evidence/full-guideline-pdf-191761311>