

# ACR: chondroitin sulfate cuts cartilage volume loss in knee OA

November 10 2015

---



(HealthDay)—For patients with knee osteoarthritis (OA), chondroitin sulfate (CS) is associated with additional benefits in terms of cartilage volume loss (CVL) compared with celecoxib, according to a study presented at the annual meeting of the American College of Rheumatology, held from Nov. 6 to 11 in San Francisco.

Jean-Pierre Pelletier, M.D., from the University of Montreal, and colleagues examined the [disease](#) modifying effect of CS treatment versus celecoxib on CVL in knee OA in a two-year [randomized controlled trial](#). Symptomatic primary knee OA patients were treated with CS (1,200 mg/day) or celecoxib (200 mg once/day) for 24 months.

In the intention-to-treat population, the researchers found that, compared with celecoxib-treated patients, those treated with CS had a reduction in

CVL at 12 and 24 months in the medial tibiofemoral compartment ( $P = 0.017$  and  $0.013$ , respectively) and in global [knee](#) thickness at 12 and 24 months ( $P = 0.034$  and  $0.054$ , respectively). Over time there was no between-group difference in the change in synovial thickness or bone marrow lesion size. A reduction in disease symptoms was seen in both groups over time; the overall daily consumption of rescue analgesic did not differ between the groups.

"Only chondroitin sulfate was found to be capable of slowing down the progression of the disease by reducing the loss of cartilage," Pelletier said in a statement.

**More information:** [Abstract](#)  
[More Information](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

Citation: ACR: chondroitin sulfate cuts cartilage volume loss in knee OA (2015, November 10) retrieved 20 March 2024 from <https://medicalxpress.com/news/2015-11-acr-chondroitin-sulfate-cartilage-volume.html>

|   |
|---|
| This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only. |
|---|