

ACR: chondroitin sulfate cuts cartilage volume loss in knee OA

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"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.

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(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.

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