

Summary: Open Trial of URAH Glucosamine Cream - Phase 1 Report (9th April 2008)

Trialists:

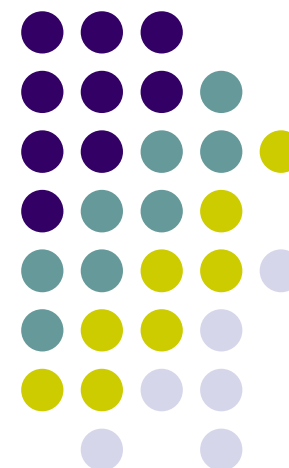
PROF. O. O. ADELOWO

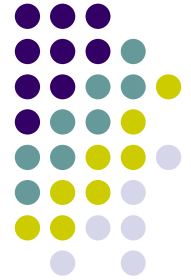
CONSULTANT RHEUMATOLOGIST

DR. S. OGUNTONA (MBcHB, FWACP)

CONSULTANT PHYSICIAN

Venue: Olabisi Onabanjo University Teaching Hospital, Sagamu, Nigeria

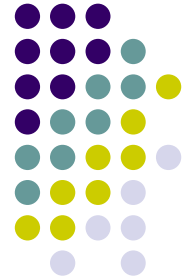




Introduction

Local Situation Summary:

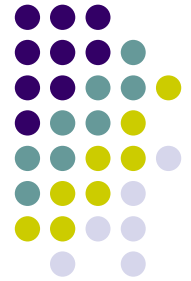
- One in seven persons suffer from one type or other of arthritis
- 90% of sufferers have trouble with mobility
- 50% stop working 10 years down the line
- High direct and indirect costs



Inclusion Criteria

- Patients with clinical evidence of Osteoarthritis of the joints.
- Radiographic (plain x-ray) evidence of OA such as narrowing of the joint space, presence of osteophytes, subchondral sclerosis, subchondral cysts.

Exclusion Criteria



- Patients with other forms of co–existent arthritis
- Diabetic patients
- Patients with open wounds over the affected joints
- Patients with known hypersensitivity to Glucosamine compounds
- Pregnant and lactating patients

Assessment Parameters



- **Ritchies Articular Index.** 10cm Graphic Rating scale of
No pain, Slight pain, Moderate pain, Severe pain.(on 1st Visit)
- **10cm Graphic Rating scale for pain relief**
No pain relief, Slight pain relief, Moderate pain relief, Complete pain relief.
(on follow up visits)
- **Time in seconds to walk 15 metres**
- **Patients overall assessment as**
No change, Fair, Good, Very Good.
- **Noticeable side effects:** skin irritation, rashes,
- **Investigator's tenderness assessment**
No pain; Patient complains of pain; Patient complains of pain and withdraws the joint;
Patient does not allow the joint to be touched.

Laboratory Tests



1. None diagnostic to rule out other types of arthritis
2. CRP elevation predict disease progression
3. Synovial and serum markers of OA
4. X-Rays - Confirmatory - loss of joint space, osteophytes, subchondral sclerosis, Subchondral cysts

Joints mostly affected



knees



Hips



Shoulder



Ankle



Hands





Clinical subjects

	Male	Female
Percentage	17.86%	82.14%
Ratio	1	: 4.6

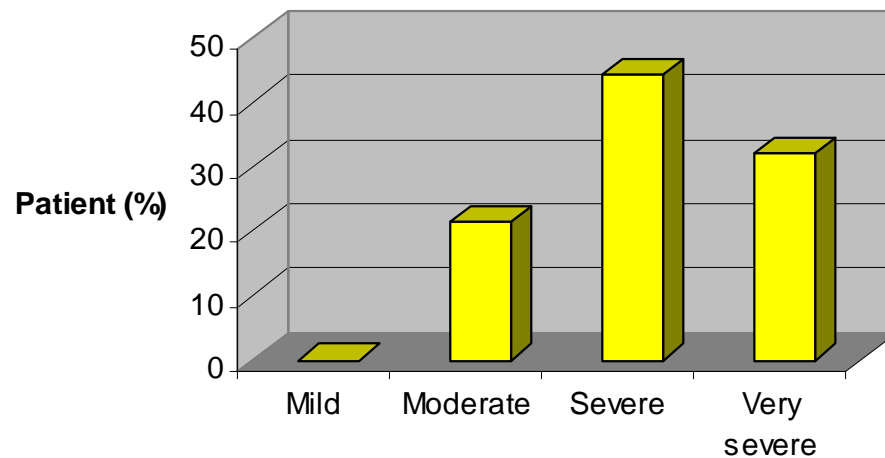
Age range 44-83 years

Mean no. of visits 3.2

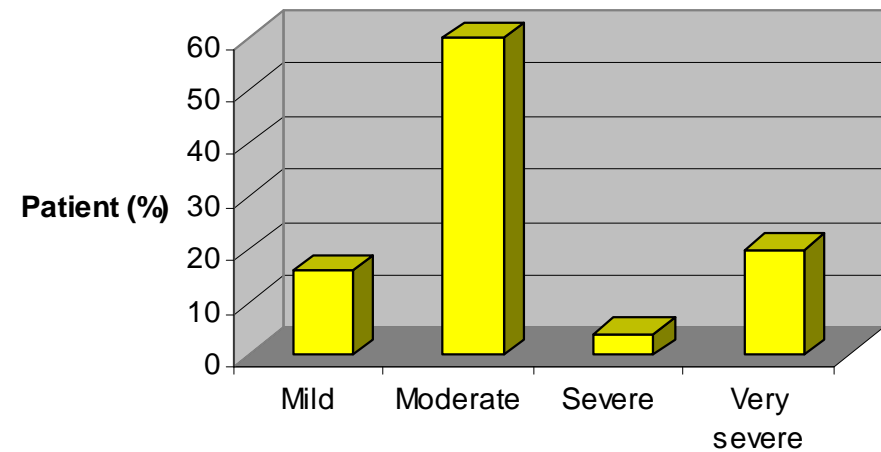
Pain Rating summary



Pain ratings at start of clinical trial



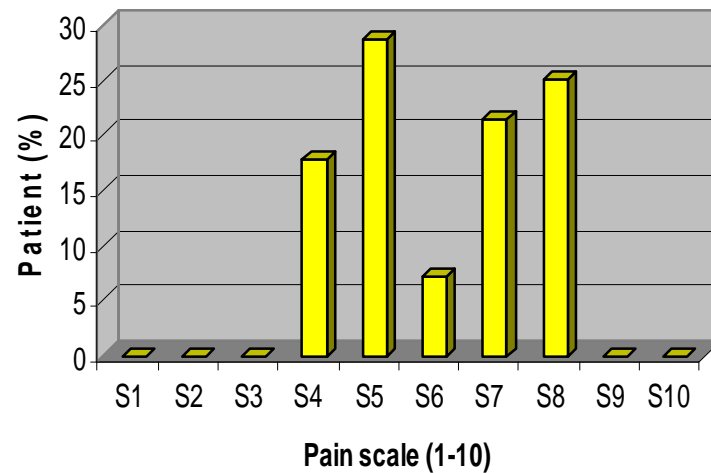
6 weeks after applying Urah



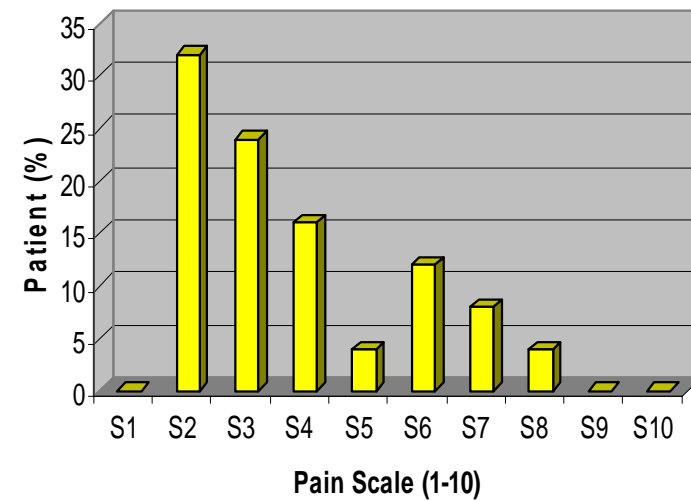
Numerical Rating summary



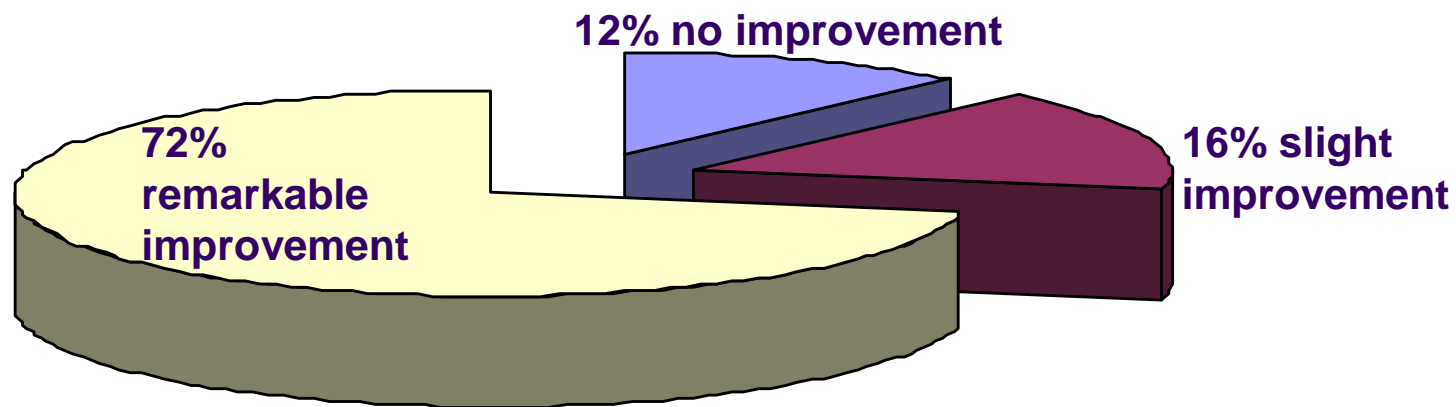
Numerical ratings at start of clinical trial



6 weeks after applying Urah glucosamine cream

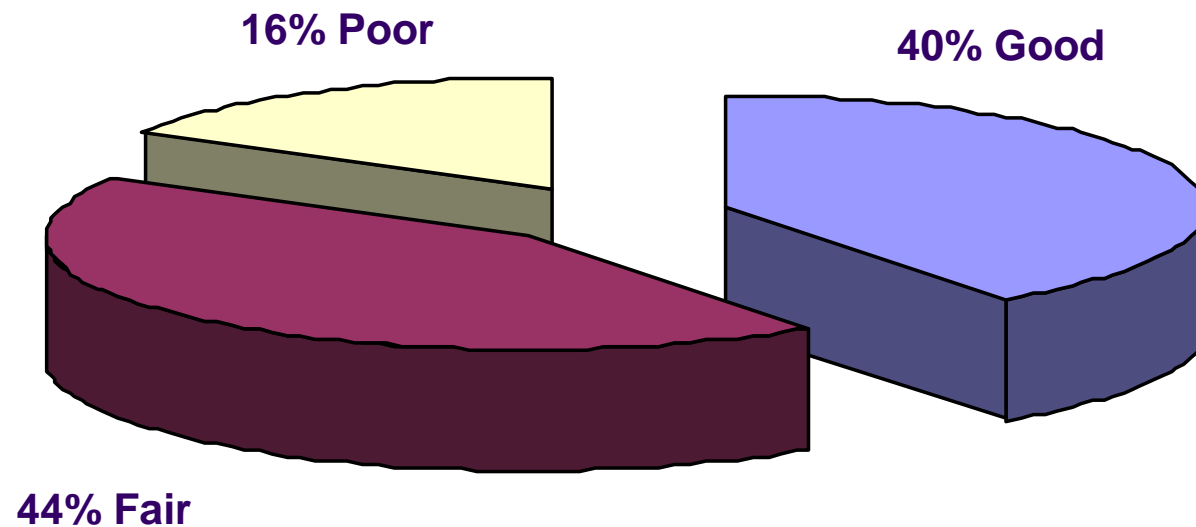


Summary of overall clinical assessment after 6 weeks



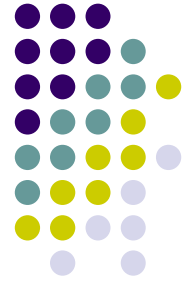
Data includes patients above 80 yrs

Patients response (After 6 weeks)



Data includes patients above 80 yrs

1st visit only (10%) - No Assessment



SUMMARY

- Mean of pain at presentation was 5.6
- Mean of pain at completion was 3.57
- 40% were moderately better
- 32% were much better
- No cases of adverse or side effects reported