



FACT SHEET

The GAIT Trial: Good News for Osteoarthritis Sufferers

If you're one of the 21 million consumers coping with osteoarthritis (OA)—the form of arthritis associated with “wear and tear” on joints—the GAIT study demonstrates that there may be a safe and affordable way to help manage your pain.

Despite the possible confusion created by comments by the lead researcher, GAIT confirmed positive results about glucosamine and chondroitin:

“Combination Glucosamine + Chondroitin Sulfate is effective in treating moderate to severe knee pain due to OA.”

—Conclusion from the abstract of the GAIT study

“The people with moderate-to-severe pain who took glucosamine and chondroitin sulfate together showed significant improvement in their knee pain.”

—Daniel O. Clegg, M.D., lead author for the GAIT Trial (as quoted in Arthritis Today, to be published January 2006, posted on The Arthritis Foundation website at www.arthritis.org/research/ACR_Meeting/2006_01_02_GAIT.asp)

This is far from a “null study,” as Dr. Clegg has recently suggested. In fact, the GAIT Trial, an NIH-funded study that some are calling the most rigorous trial to date assessing the effects of glucosamine and chondroitin on knee pain associated with osteoarthritis, confirms what the vast majority of more than 50 previously published clinical trials have concluded: that the combination of glucosamine and chondroitin has significant potential for those with OA and needs to now be seriously considered along with other more traditional methods (i.e., drugs) of managing pain for those who cope with joint disease.

The facts:

- **Of patients in the study with moderate-to-severe OA knee pain, 79.2 percent who received the glucosamine-chondroitin combination experienced pain relief as compared to 69.4 percent of those taking celecoxib and 54.3 percent of those taking placebo;**
- 62.9 percent of patients with mild OA knee pain responded to glucosamine and chondroitin with 61.7 percent responding to placebo.
- Combining the data from the patients experiencing mild pain with that from the patients experiencing “moderate-to-severe” pain, the conclusion is that the combination was not demonstrated to be more effective than placebo; however,
- **It is clear from these statistically significant data that those who need pain relief most benefited from the combination of glucosamine and chondroitin.**

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[The GAIT Trial] “... the most rigorous clinical trial to date assessing the effects of glucosamine and chondroitin in painful knee osteoarthritis (OA) helps to clarify the role that these supplements play in treatment...the research demonstrates that the combination of glucosamine and chondroitin may be a beneficial part of an overall treatment plan in individuals with moderate to severe knee OA...Based on the findings from this study and the supplements’ safety and cost-effectiveness, the combination of glucosamine and chondroitin should be considered by patients and physicians as part of an overall treatment plan for painful knee OA. Further research is needed to determine exactly how glucosamine and chondroitin work, as well as the possible effectiveness of these supplements on limiting the progression of cartilage damage.”

—The Arthritis Foundation (excerpted from the Arthritis Foundation’s statement on the Glucosamine/chondroitin Arthritis Intervention Trial—full statement is available <http://releases.usnewswire.com/GetRelease.asp?id=56644> or call Lynne Unglo, 770-401-1222

“Glucosamine and chondroitin sulfate may be an effective combination in reducing pain associated with osteoarthritis of the knee, according to research presented this week at the American College of Rheumatology Annual Scientific Meeting in San Diego, California.”

—The American College of Rheumatology (lead paragraph in ACR press release)

“And now, the results are in. GAIT measured the effects of taking glucosamine alone, chondroitin alone, a glucosamine-chondroitin combination, and celecoxib alone against placebo in 1,258 people with either mild or moderate-to-severe pain from knee OA. Results show that the combination of glucosamine and chondroitin is better than placebo, but the benefits appear to depend on pain severity.”

—Arthritis Today, January 2006, posted on The Arthritis Foundation website, www.arthritis.org

“The scientific community should embrace the positive results of the GAIT study, not look for ways to discount it. Conclusions need not be drawn solely from this study, but rather from the total body of supportive data, which are complemented and reinforced by this study. As scientists and clinicians, we owe that to the millions of consumers who are looking for affordable ways to safely reduce the pain and accompanying disabilities of osteoarthritis. Consumers should talk with their doctor before making any changes to their treatment program, but doctors must be open to looking at incorporating new ways to manage pain when the science presents itself.”

—Council for Responsible Nutrition (CRN), Andrew Shao, Ph.D., vice president, scientific & regulatory affairs