



## Press Releases

# Ozone Gas Injections may do the Trick for Knee Osteoarth

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**SAN FRANCISCO** — Injecting ozone gas into the knee reduces pain and improves functioning and quality of life in to research presented this week at the American College of Rheumatology Annual Meeting in San Francisco.

Osteoarthritis, sometimes called degenerative joint disease, is a slowly progressive disease in which joint cartilage ends of bones allows smooth, pain-free joint movements. In OA, cartilage becomes thin and irregular, resulting in s Grinding or cracking sensations may occur. Joints that are under high stress due to repeated activity or weight bea knees, hands and spine are commonly affected. OA becomes more common with aging.

OA is often the cause of severe pain, disability, reduction in quality of life and significant social and economic burde looked at an alternative therapy of injecting ozone gas — a naturally-occurring gas that consists of three atoms of ( inflammation and balance free radicals in the body—into the knee to determine if that could reduce pain and impro patients.

The researchers, led by Carlos César Lopes de Jesus and Virginia Fernandes Moça Trevisani, PhD followed 98 peo three of the participants received 10ml injections of ozone throughout the study, and 35 received 10ml injections of similar socioeconomic backgrounds, and only two participants (both in the ozone group) did not finish the study.

The researchers performed several evaluations of the participants at the beginning of the study as well as after thei weeks after their last injection. They were looking at changes in pain; function; ability to sit, stand and walk; as well

Timed up and go tests (TUG tests) were performed to evaluate the time it takes a participant to stand up, walk a se significant differences in how the two groups performed in these tests. The group on ozone therapy, however, had : measured pain, function, and overall health, which showed significant improvements in the ozone group throughou

Finally, an evaluation of quality of life (obtained using the Short Form-36 Health Survey) showed participants in the areas that pertain to quality of life after their fourth injection.

“We think the work means that ozone can give the patient a better quality of life with less pain and more independence and Dr. Trevisani, a PhD student and professor at Federal University of São Paulo – Paulista School of Medicine in Brazil, of delaying the need for joint replacement surgery. It is a tool for the clinician to reduce pain or to help control it.”

The researchers believe that more studies are needed to confirm their results and to show that ozone may be an alternative for patients who suffer with osteoarthritis. Their next step is to initiate a similar study evaluating the patients with a CT scan or ultrasound.

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**About the American College of Rheumatology**

Headquartered in Atlanta, Ga., the American College of Rheumatology is an international medical society representing rheumatology health professionals with a mission to Advance Rheumatology! In doing so, the ACR offers education, management support to help its members continue their innovative work and provide quality patient care. Rheumatology management and treatment of more than 100 different types of arthritis and rheumatic diseases. For more information, visit [www.rheumatology.org](http://www.rheumatology.org).

**About the ACR/ARHP Annual Meeting**

The ACR/ARHP Annual Meeting is the premier meeting in rheumatology. For more information about the meeting, visit [www.rheumatology.org/About-Us/Newsroom/Press-Releases/ID/711/Ozone-Gas-Injections-may-do-the-Trick-for-Knee-Osteoarthritis](http://www.rheumatology.org/About-Us/Newsroom/Press-Releases/ID/711/Ozone-Gas-Injections-may-do-the-Trick-for-Knee-Osteoarthritis) or have a conversation on Twitter by using the official #ACR15 hashtag.

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