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CARTILAGE PROTECTIVE AGENTS

Studies have shown that the following nutrients decrease joint pain. Most patients feel improvement after 3 to 5 months of treatment.

- Chondroitin – Is a naturally occurring substance form of sugar chains. Chondroitin is believed to help the body maintain fluid and flexibility in the joints.
- Glucosamine – is a naturally occurring substance that is believed to help develop and renew cartilage, and keep it lubricated for better joint movement and flexibility.
- Methylsulfonylmethane (MSM) – is a naturally occurring form of sulfur that helps support muscles and tendons in the body.

If you choose to use chondroitin, glucosamine, and MSM, use it as directed on the package or as directed by the provider. Do not use more of this product than is recommended on the label.

NOTE:

- Glucosamine may increase the glucose (sugar) levels in your blood. If you have diabetes, you may need to check your blood sugar more often while taking this medication. You may also need to adjust your insulin dosage.
- If you need surgery, you may need to stop taking chondroitin, glucosamine, and MSM at least 2 weeks ahead of time. Do not change your dose or medication schedule without advice from your provider.
- Avoid taking chitosan (a weight-loss product) while you are taking chondroitin, glucosamine, and MSM. Chitosan can make it harder for your body to absorb chondroitin.

Side Effects:

These medications do not have known severe side effects, however, get emergency medical help if you have signs of an allergic reaction such as hives; difficulty breathing; swelling of your face, lips, tongue, or throat.