

## Effects, risks and side effects of drugs and treatments

Treatment / drug	Type of application	Pain relief	Inflammation	Joint wear	Risks	Probable side effects
<b>Cortisone</b>	Into joint	Fast pain relief	Inhibits all inflammatory phases	Worsens joint wear in the long run	Possibly increased wear of bone and cartilage	For intra-articular application see risks
<b>NSAID, COX-1/-2 Inhibitors</b>	Oral application, tablets	Fast pain relief	Inhibit only parts of the inflammatory phases	Might worsen the joint wear	Damage the gastrointestinal mucosa, possibly ulceration, kidney damage, possibly heart damage	Poor tolerability, inhibit bone healing
<b>NSAID, COX-2 Inhibitors</b>	Oral application, tablets	Fast pain relief	Inhibit only parts of the inflammatory phases	Might worsen the joint wear	Damage the gastrointestinal mucosa, possibly ulceration, kidney damage, possibly heart damage (1 drug withdrawn from the market)	Medium tolerability, inhibit bone healing
<b>Pain killer</b>	Oral application, tablets	Fast pain relief	Only some inhibit the inflammation	Do not limit joint wear, might increase joint wear	Damage the gastrointestinal mucosa, possibly ulceration	Variable tolerability
<b>Hyaluronic acid</b>	Intra-articular	Pain relief depends on patient's disease stage	Not much effect on inflammation	Limited effect on joint wear	None specified	None specified
<b>BMC</b>	Intra-articular	Fast pain relief in inflammatory conditions	Probably inhibits all phases of inflammation	Has the potential to stop the wear and induce regeneration	Experimental therapy. Only use products by clinic that are controlled by authorities, hold a permit	None specified. No generalized suppression of immune system
<b>Secretome/Exosomes</b>	Intra-venous	Supports pain relief by BMC	Probably inhibits all phases of inflammation	Supports stimulation of regeneration by BMC	Experimental therapy. Only use products by clinic that are controlled by authorities, hold a permit. So far, only ANOVA holds a permit for autologous exosomes	None specified. No generalized suppression of immune system



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