

## ARE YOU A CANDIDATE?

We may be able to help relieve your severe knee pain without agonizing surgery!

*For the first time in 10 years, I am pain free!*

Osteoarthritis of the knee is a leading cause of disability in the United States. It develops slowly and the pain it causes worsens over time.

Although there is no cure for osteoarthritis, The Advanced Arthritis Relief Protocol™ provides an in-office, non-surgical alternative that is FDA approved and covered by most insurance.

If you answer **YES** to any of the following questions, you may be a candidate for this life altering procedure:

- ✓ Do you wake up with stiff knees?
- ✓ Do your knees hurt when going up or down stairs?
- ✓ Do you frequently take medication for knee pain?
- ✓ Do normal activities cause pain in the knees?
- ✓ Have you been told you need knee surgery?

Call for  
your Knee Pain  
consultation  
(336)627-4896

## REAL PATIENTS. REAL RESULTS

“ I was told my knee was “bone on bone” and knee replacement surgery recommended, but I decided to try the non-surgical option first. What a difference this has made in my life. Words can not express how grateful I am for all that has been give back to me. I am pain free and dancing again (at 82 years young).

I highly recommend this treatment.

— Kim M.

## KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY.

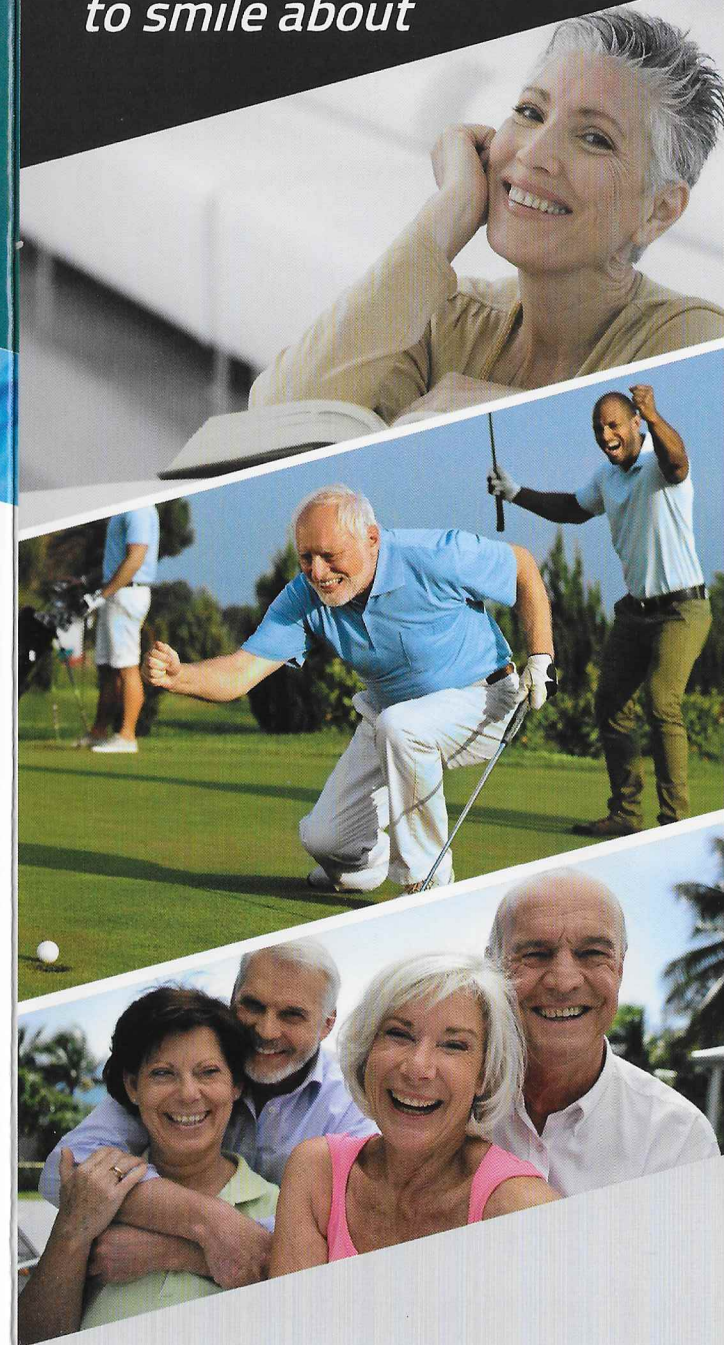
Call Today (336)-627-4896

EDEN INTERNAL  
MEDICINE

We offer consultation to see if our non-surgical knee procedure is right for you.

## OSTEOARTHRITIS PAIN RELIEF

*Now that's something to smile about*







## Symptoms of OA

*Pain and stiffness are the most common symptoms of knee osteoarthritis.*

*Symptoms tend to be worse in the morning or after a period of inactivity.*

## What Causes Osteoarthritis (OA)?

Many factors increase your risk of developing OA

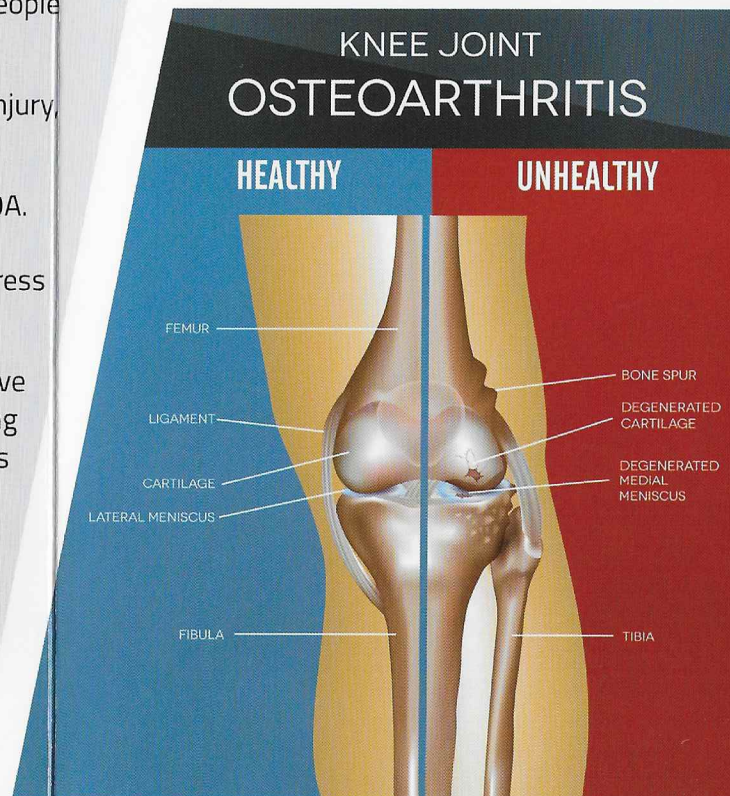
- ✓ **Age.** The ability of cartilage to heal itself decreases as we age. Osteoarthritis typically affects people middle-aged and older.
- ✓ **Injury.** Previous knee injury, such as a sports injury, can lead to osteoarthritis later in life.
- ✓ **Heredity.** Certain genes have been linked to OA.
- ✓ **Weight.** The more you weigh, the more stress you put on your knee joints.
- ✓ **Overuse.** People in occupations that involve repeated kneeling or squatting, heavy lifting and walking, are vulnerable to repetitive stress injuries in the knee.
- ✓ **Other illnesses.** If you have had other problems with your knee, such as gout, knee infection or Lyme disease, your risk for osteoarthritis increases.

► Ask your Doctor

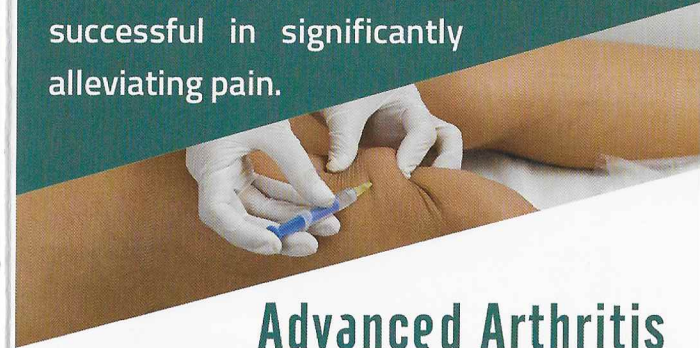
## What Is Osteoarthritis (OA)?

Osteoarthritis occurs over time. When the cartilage wears away it becomes frayed and rough. Moving the bone along this exposed section is painful. If the cartilage wears away completely, it can result in bone rubbing on bone. As the cartilage continues to wear away, damaged bones may start to bow inward or outward, forming spurs and causing more pain.

**Osteoarthritis is the most common type of knee arthritis**



In a randomized case study of 384 patients, our protocol was proven 92.7% successful in significantly alleviating pain.



## Advanced Arthritis Relief Protocol™ (AARP)

**Viscosupplementation.** A procedure involving the injection of gel-like substances (hyaluronates) into a joint to supplement the viscous properties of synovial fluid. This procedure has been shown to be 92.7% successful in alleviating pain associated with osteoarthritis and is covered by most major medical insurance providers and Medicare.

**In 1999, the first natural knee injection substance was approved by the FDA.**

**Fluoroscopy.** A breakthrough piece of medical equipment that allows our medical staff to look inside your joints - in real time - with the latest in imaging technology while administering any of our minimally invasive natural injections. This helps insure the injected material is in the correct location for the best results.

**Rehabilitation.** One of the reasons our knee protocol is so highly successful is our rehabilitation strategy. We combine lite knee exercise using state of the art rehab equipment and fit each patient with a cutting edge unload-ing knee brace.