

Use of CARTICUREPLUS® as a nutritional supplement in patients with the presence of type III chondromalacia of the patellar cartilage

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INTRODUCTION

In chondromalacia type III there is cracking of the cartilage, existing cracks that already affect the deeper layers of cartilage.

Food supplements that contain chondroprotectives (glucosamine, chondroitin sulfate and / or collagen) decrease pain and improve the functionality of the affected joint in chondromalacias type I and type II. Not all chondroprotectives act with the same efficacy and safety depending on the dosage, chemical composition and bioavailability. In a previous study with Carticure® we observed a decrease in pain and improved functionality (Lequesne index) in mainly type II chondromalacias with one sachet a day of Carticure®.

In this study we assess the effect of CarticurePlus®, one sachet per day for three months, in patients with chondromalacia grade III.

METHODS

Prospective observational study of a cohort of 35 patients who have attended from February 2016 the Traumatology office presenting pain symptomatology in the context of a type III chondromalacia. CarticurePlus® (5000 mg Collagen - Bioactive Peptides, 1500 mg of glucosamine hydrochloride, 1200 mg of chondroitin sulfate, 1.1 mg of copper, 80 mg of ascorbic acid and 2 mg of manganese) is indicated dissolved in water, once a day for three months.

The degree of pain evolution (analog visual scale, VAS) and of Lequesne index are assessed after taking CarticurePlus® for a period of 3 months of follow-up. Non parametric means comparison test was performed with paired data for VAS (pain) and Lequesne index. The variables that had an impact on the reduction of the Lequesne index (regression multiple).

RESULTS

SAMPLE DESCRIPTION

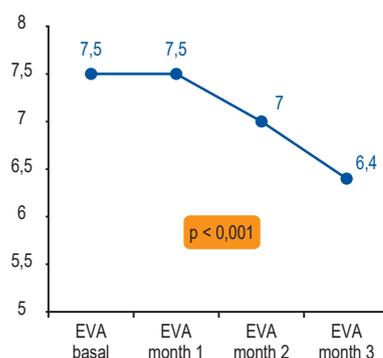
The 42 patients presented the following descriptive data

Demographic, clinical characteristics

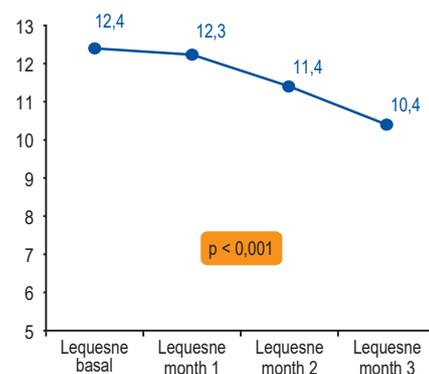
Age	Average	67,6	
	Typical deviation	7,8	
Gender	Female	n	25
		%	71,40%
	Male	n	10
		%	28,60%
Degree of degeneration	III	n	35
		%	100,00%
IMC	Average	28,6	
	Typical deviation	2,1	
Treatment period	Average	109,3	
	Typical deviation	19,8	

Baseline pain measured by VAS (m: 7.5, dt: 0.8) decreased in the period of 1 study 1.1 points ($p < 0.001$, Wilcoxon). The baseline Lequesne index was 12.4 (dt: 2.9), reducing by 2.0 points during the study period ($p < 0.001$, Wilcoxon). In the multiple regression model, the variable that contributed to explain a greater decrease in the Lequesne index was the high baseline of the VAS scale ($p = 0.025$) ..

Pain reduction (VAS)



Decrease in the index of lequesne



CONCLUSIONS

- The association between CarticurePlus® and the reduction of pain and Lequesne index is statistically and clinically relevant is observed after three months of continuous intake in patients with chondromalacia grade III of the patellar cartilage.
- Greater effect was observed the longer the time the pain occurred.
- CarticurePlus® formulation makes it a food supplement of choice for patients with type III chondromalacia of the patellar cartilage that requires chondroprotection.

GRATEFULNESS

To Clinical Partner & Innovation, for its collaboration in the design and statistical analysis.

Carticure Plus®

The best protection for joints



Carticure Plus®

5000 mg COLLAGEN - BIOACTIVE PEPTIDES
1500 mg GLUCOSAMINE HYDROCHLORIDE
1200 mg CHONDROITIN SULFATE
80 mg VITAMIN C
2 mg MANGANESE
1100 µg COPPER



SUCROSE FREE
GLUCOSE FREE
LACTOSE FREE
GLUTEN FREE
WITH SWEETENERS

30 Sachets
Powder for oral suspension
One sachet per day



1
SACHET PER DAY
WITHOUT PERIOD
OF BREAK



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COMPOSITON

COLLAGEN - BIOACTIVE PEPTIDES	5000 mg
GLUCOSAMINE HYDROCHLORIDE	1500 mg
CHONDROITIN SULFATE	1200 mg
VITAMIN C (L-ascorbic acid)	80 mg
MANGANESE	2 mg
COPPER	1,1 mg

