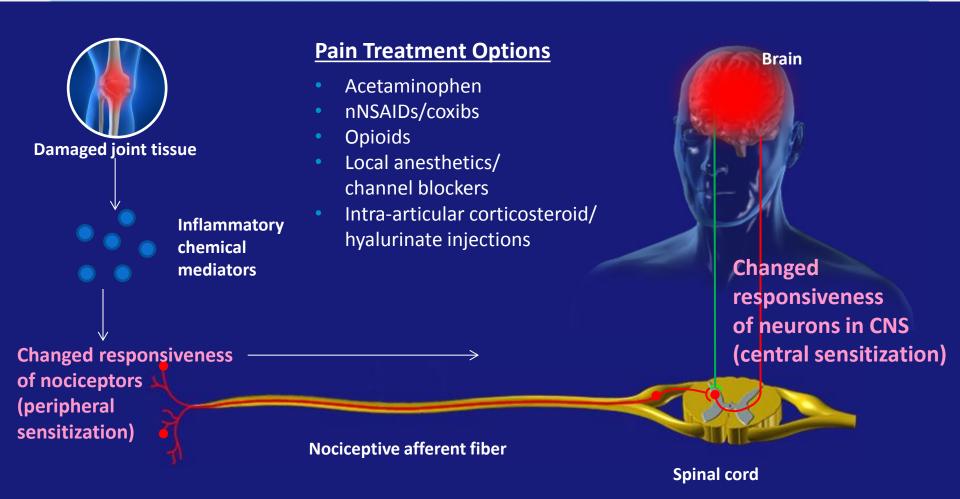
#### **FREQUENTLY ASKED QUESTIONS**

#### **Frequently Asked Questions**

- Why is it important to understand the mechanisms of inflammation in joint diseases?
- Is joint pain always related to joint destruction?
- In the treatment of osteoarthritis, when is the addition of antidepressants reasonable?

## Why is it important to understand the mechanisms of inflammation in joint diseases?



**CNS = central nervous system; coxib = COX-2 inhibitor; nsNSAID = non-specific non-steroidal anti-inflammatory drug** Hochberg MC *et al. Arthritis Care Res (Hoboken)* 2012; 64(4):465-74; Scholz J *et al. Nat Neurosci* 2002; 5(Suppl):1062-7.

### Why is it important to understand the mechanisms of inflammation in joint diseases?

- Chronic joint pain due to arthritis is frequently inflammatory in nature
- Inflammation is involved in the pathogenesis of both mechanical and inflammatory joint pain, such as osteoarthritis and rheumatoid arthritis
- Understanding the pathophysiology of the pain can help guide treatment selection

Firestein GS. In: Firestein GS *et al* (eds). *Kelley's Textbook of Rheumatology*. Vol 2, 8th ed. Saunders Elsevier; Philadelphia, PA: 2008; O'Dell JR. In: Goldman L, Ausiello D (eds). *Cecil Medicine*. 23rd ed. Saunders Elsevier; Philadelphia, PA: 2007.

# Is joint pain always related to joint destruction?

- Joint pain may be due to soft tissue injury (as in tendinitis and bursitis), in which the soft tissue near the joint is inflamed, rather than the joint itself
- Thus, in these cases, the pain felt by the patient is not necessarily associated with joint destruction as seen using imaging modalities

University of Washington Medicine. *Bursitis, Tendinitis, and Other Soft Tissue Rheumatic Syndromes.* Available at: http://www.orthop.washington.edu/?q=patient-care/articles/arthritis/bursitis-tendinitis-and-other-soft-tissue-rheumatic-syndromes.html. Accessed: September 1, 2013.

### In the treatment of osteoarthritis, when is the addition of antidepressants reasonable?

- Some osteoarthritis patients may use terms such as "burning" or "numbness" to describe their pain
  These descriptors suggest a neuropathic component
- Non-traditional analgesics (e.g.,  $\alpha_2 \delta$  ligands, TCAs, SNRIs) may be useful for treating this component
  - Further studies are needed to clarify the role of these drugs in osteoarthritis