

Media Release

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CMA Welcomes Results of Cochrane Library Review: Chondroitin for Osteoarthritis

Mr Carl Gibson, chief executive of Complementary Medicines Australia (CMA) has welcomed the results of a Cochrane Review of chondroitin sulfate that confirm the efficacy and safety of this supplement in the treatment of Osteoarthritis (OA).

This follows the recent publication of the MOVES study, which showed equivalent benefits of taking glucosamine and chondroitin for OA of the knee as taking the COX-2 inhibitor celecoxib (Celebrex).¹

“The Cochrane Review included 43 published clinical trials from the seven databases searched and is the most thorough review on chondroitin sulfate published so far.”

“Not only did participants in the studies reviewed report significantly better pain and functionality scores, x-rays also showed that chondroitin sulfate slowed down the narrowing of joint space compared to placebo,” said Mr Gibson.

“The review included studies using pharmaceutical grade chondroitin sulphate as well as those where the quality had not been tested, which is the reason the review specifically mentions the heterogeneity of the studies. Even within this context the results were positive.”

According to the Australian Institute of Health & Welfare, osteoarthritis affects 1 in 13 people and is the predominant condition leading to knee and hip replacement surgery in Australia.

“The results of this review should help to bring an end to the controversy on the efficacy and safety of chondroitin sulphate in treating OA. The Cochrane Review adds to a solid foundation of evidence that shows that chondroitin works,” Mr Gibson concluded.

ENDS

¹ Hochberg MC, et al "Combined chondroitin sulfate and glucosamine for painful knee osteoarthritis: a multicenter, randomized, double-blind, non-inferiority trial versus celecoxib" *Ann Rheum Dis* 2015

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