

Talking to Your Doctor About Knee Osteoarthritis

Having an open conversation with your doctor can help you better understand your knee pain and choose a treatment that suits your needs and lifestyle.

Before your appointment, it may help to think about what you want to ask and what matters most to you - whether that's pain relief, staying active, or managing symptoms over time.

Questions About Your Knee

You may wish to ask:

- Do I have osteoarthritis of the knee, and how severe is it?
- What is causing my knee pain?
- How might my symptoms change over time?

 Understanding your diagnosis can help guide treatment decisions.

Questions About Treatment Options

There are several non surgical options available.

You may want to ask:

- What non surgical treatments are available to me?
- What role do knee injections play in my treatment plan?
- What are the different types of knee injections available and how do the injections compare?

 Your doctor can explain which approaches may be most appropriate for you.

Questions About Cingal®

If Cingal has been discussed, consider asking:

- Am I a good candidate for Cingal?
- What benefits can I realistically expect?
- What are the possible side effects?
- How does Cingal fit with exercise or physical therapy?

 Your doctor can explain which approaches may be most appropriate for you.

Questions About Next Steps

It can also help to plan ahead:

- What should I expect after treatment?
- When should we follow up?
- What should I do if my symptoms change or don't improve?

A Helpful Tip

 Writing down your questions before your appointment can help you feel more prepared and make the most of your conversation.



Moving Forward

Knee osteoarthritis affects everyone differently.

Understanding your condition and your treatment options can make decisions feel easier and more manageable.

If knee pain is affecting your daily life, talk with your doctor about whether Cingal could be part of your treatment plan.