

Abstract:

Background & Objective: Osteoarthritis is the most common type of joint disorder and also the main reason to consult Rheumatologists. Furthermore, a high level of weakness especially among elderly is due to OA.

The aim of this study was to determine Efficacy and safety of prednisolone and chloroquine Add on therapy in osteoarthritis of the knee treated with fixed Dose combination of Glucosamine and chondroitin sulfate.

Methods: The study was carried out through questionnaires which were completed by The help patients who came to the Rheumatology clinic in Ardabil's Imam Khomeini Hospital. The patients were randomly classified into four treatment groups: Glucosamine - chondroitin sulfate , Glucosamine - chondroitin sulfate+ prednisolone ,Glucosamine - chondroitin sulfate+ chloroquine ,Glucosamine - chondroitin sulfate+ prednisolone+ chloroquine,

The WOMAC and PGA questionnaires which included four criteria according to levels of pain, stiffness, sickness and also the improvement Physical Function were used. Data analysis was carried out using a combination of descriptive and inferential (T-Test and ANOVA) statistics.

Results: The results showed that the glucosamine-condoreine + chloroquine had the best responses in all four criteria. In fact in all four treating groups there was a significant difference between the level of pain, stiffness ,physical function and sickness before and after treatment. However, the between treatment groups did not reduce the level of pain and stiffness significantly. On the other hand, there was a significant treatment effect on the improvement of physical function and the level of sickness. The improvement of physical function after treatment with Glucosamine - chondroitin sulfate+ prednisolone was significantly lower than other groups whereas there was no any significant difference among other groups. The greatest improvement was seen in two groups of glucosamine-condoreine + chloroquine and Glucosamine - chondroitin sulfate+ prednisolone+ chloroquine.

Conclusion: According to this study in symptomatic knee OA prescribing glucosamine-condoreine + chloroquine would be suggested, especially in those with a BMI higher than 30. Next choice would be Glucosamine - chondroitin sulfate in symptomatic OA patients. Moreover, in patients whose BMI is less than 30 and those who cannot use chloroquine ,Glucosamine - chondroitin sulfate could be used instead of prescribing Glucosamine - chondroitin sulfate+ chloroquine. Glucosamine-chondroitin sulfate+ prednisolone+ chloroquine ,Glucosamine - chondroitin sulfate+ prednisolone Would not be suggested in symptomatic knee OA.

Key words: osteoarthritis, prednisolone ,chloroquine ,Glucosamine - chondroitin sulfate, clinical trial