

SHOULDER PAIN?

Here's what may be causing it – and what you can do about it.

The shoulder, the most movable and perhaps most complex joint in the body, is also one that's most prone to problems, according to Alan M. Reznik, MD, a shoulder and knee specialist with Connecticut Orthopaedic Specialists in New Haven. Shoulder issues may be a result of trauma, overuse or arthritis. Dr. Reznik describes some of the more common shoulder problems and their treatments. —M.A.D.

Rotator Cuff Tear

A tear in the tendons or muscles that stabilize the shoulder, causing pain, weakness and/or interference with daily activities; a tear may be due to repetitive use, uncontrolled inflammation, traumatic injury or age-related degeneration. Treatment options: cold or heat, over-the-counter (OTC) or prescription anti-inflammatories, physical therapy, possibly surgery.

Tendinitis and Bursitis

Inflammation of the tendons or the bursae (small fluid-filled sacs that cushion the joint), which causes pain when the arm is lifted; may result from repetitive use, overhead work, an inflammatory process or a pinched rotator cuff. Treatment options: rest, ice, OTC or prescription anti-inflammatories, physical therapy, corticosteroid injection.

Separation or Dislocation

These occur when one of the bones that make up the shoulder slips out of place (either the collar bone from the shoulder blade, or the ball of the upper arm from the shoulder socket). Usually the result of a fall or other trauma, soft tissue may be damaged in the process. Treatment options: reinserting the bone (for dislocation), rest, use of a sling, physical therapy and sometimes surgery.

Polymyalgia Rheumatica

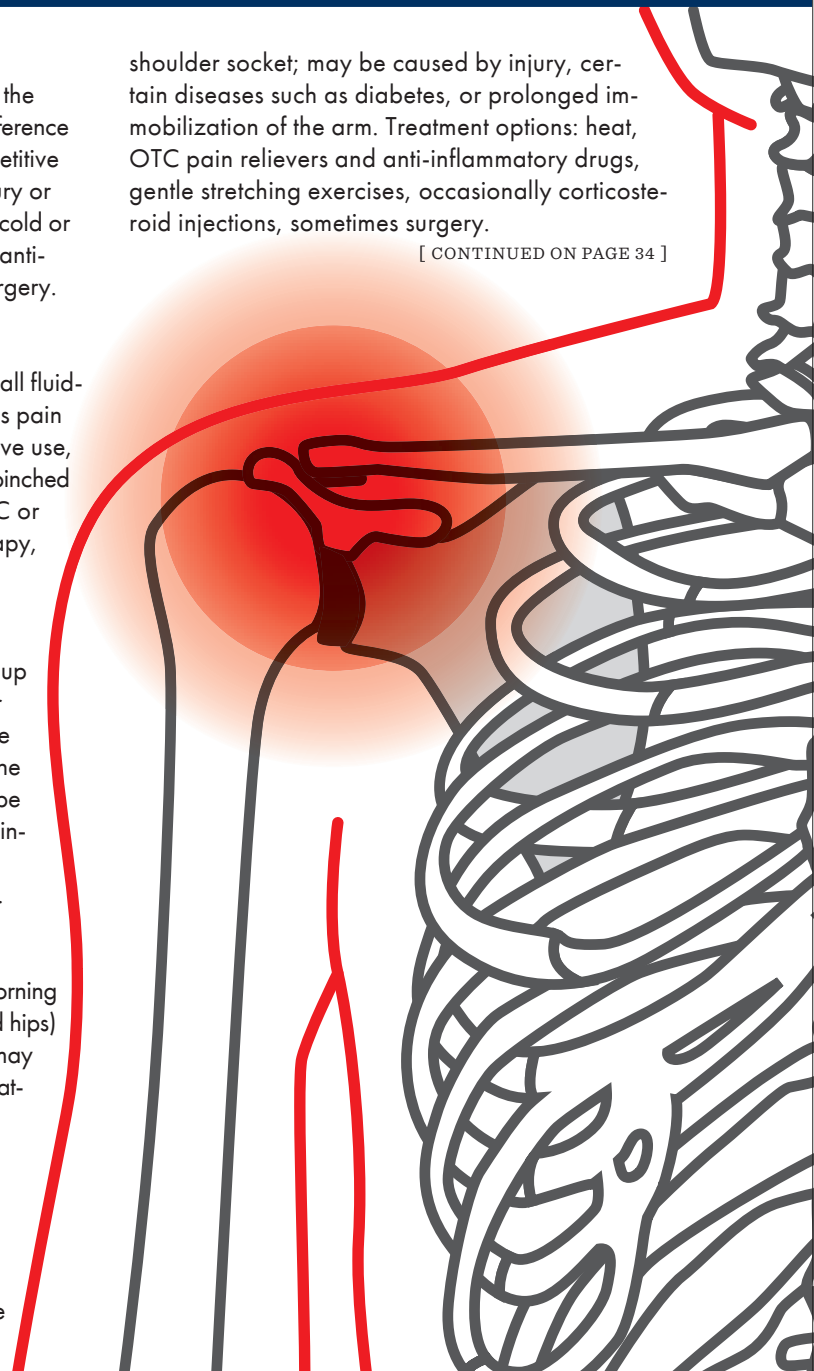
An inflammatory condition causing pain and morning stiffness in the shoulders (and often the neck and hips) that affects mostly women over 50. Symptoms may start suddenly and include general malaise. Treatment: corticosteroids, up to three years or more.

Frozen Shoulder

Called adhesive capsulitis, this condition is marked by stiffness or immobility due to a thickening of the shoulder capsule, the connective tissue where the upper arm meets the

shoulder socket; may be caused by injury, certain diseases such as diabetes, or prolonged immobilization of the arm. Treatment options: heat, OTC pain relievers and anti-inflammatory drugs, gentle stretching exercises, occasionally corticosteroid injections, sometimes surgery.

[CONTINUED ON PAGE 34]



If you bought a Pharmavite LLC product containing glucosamine and/or chondroitin, including TripleFlex® and BJ's products made by Pharmavite LLC, you could get money or free products from a class action settlement.

A settlement has been reached in a class action lawsuit alleging that the glucosamine and/or chondroitin supplements manufactured by Pharmavite LLC ("Pharmavite") or its affiliates, including the TripleFlex products and BJ's products made by Pharmavite (the "Covered Products"), do not provide certain benefits claimed in the labeling. Pharmavite denies these claims and denies it has done anything wrong. Pharmavite stands by the products, their labels and packaging, and their safety and efficacy. Plaintiff does not claim that these products are unsafe or present a health hazard. The Court has not decided in favor of either side.

Who Is Included? The "Settlement Class" includes all residents of the United States who, between May 1, 2007 and June 5, 2017 (the "Class Period"), paid money to obtain Covered Products for personal use and not resale or distribution.

The Settlement Benefits. Pharmavite has agreed to provide a \$1,000,000 monetary fund and \$5,900,000 in free product and shipping and handling costs; not to use certain terms in labeling its Covered Products; and to pay \$325,000 or more for notice and administration costs, as well as attorneys' fees of up to \$3,475,000, expenses up to \$600,000, and plaintiff's incentive award up to \$10,000. Settlement Class Members may submit a Claim Form to request money (a "Cash Award") or free products ("Offered Products") plus shipping and handling costs ("Offered Product Benefits"). Settlement Class Members who submit a Valid Claim Form selecting a Cash Award (a) accompanied by proof of purchase can request \$25 for each bottle of Covered Product purchased during the Class Period, up to a maximum of four bottles, or **\$100 per household**; or (b) without proof of purchase can request \$12.50 for each bottle of Covered Product purchased during the Class Period, up to a maximum of four bottles, or **\$50 per household**. If the total Valid Claim Forms request more than \$1,000,000 in Cash Awards, all payments will be reduced on a *pro rata* basis, and the reductions may be fulfilled with Offered Products. Any excess cash which is not needed to pay Valid Claims for Cash Awards will be distributed with *pro rata* increases to all valid cash claimants until all cash is distributed.

Settlement Class Members who do not request a Cash Award or whose Cash Award is not wholly fulfilled from available funds may request Offered Products. These Persons may request up to \$25 of Offered Product Benefits for each bottle of Covered Product purchased during the Class Period, up to a maximum of **six bottles of Offered Product Benefits or \$150 of Offered Product Benefits per household**, whichever is less.

If necessary, the Settlement Administrator may: modify the type and amount of Offered Products you receive; and utilize an impartial lottery system to allocate reductions or increases to Settlement Class Members who submitted Valid Claims (whether requesting solely a Product Award or requesting a Cash Award that was reduced *pro rata*).

Your Rights. To request money or free products, Settlement Class Members must submit a properly completed Claim Form, postmarked or submitted online by November 13, 2017. To be excluded from the Settlement Class, a Person in the Settlement Class must submit a written exclusion postmarked by November 13, 2017. Persons in the Settlement Class who do so will not receive any money or free products, but will retain the right to sue on his/her own regarding these claims. Settlement Class Members who do not exclude themselves can object to the terms of the settlement by submitting a written objection postmarked by November 13, 2017. Settlement Class Members who do nothing, will not receive any money or products and will be bound by the terms of the settlement.

A Fairness Hearing will be held in this case (*Lorean Barrera v. Pharmavite, LLC*, No. 2:11-cv-04153-CAS (AGrx)) on December 4, 2017 at 10:00 a.m., to determine the fairness, reasonableness and adequacy of the proposed settlement and to award attorneys' fees and costs. Anyone in the Settlement Class may attend the hearing, but is not required to do so.

This notice is only a summary. For detailed information visit www.GlucosamineSupplementSettlement.com, write to *Barrera v. Pharmavite LLC* Settlement Administrator, P.O. Box 404008, Louisville, KY 40233-4008, or call 1-855-505-1300.

PSORIATIC ARTHRITIS

Heart Disease Risk



Heart disease is known to be more common with rheumatoid arthritis (RA) and psoriasis.

Now a new study has found that people with psoriatic arthritis (PsA) also have a higher risk. They are 43 percent more likely to develop heart disease and 22 percent more likely to develop cerebrovascular disease (like stroke) than the general population.

Psoriasis and PsA patients

have a doubled cardiovascular risk, says Mayo Clinic researcher John M. Davis III, MD, who wasn't involved in the study. They're more likely to have risk factors for heart disease, such as obesity and diabetes, as well as inflammation, which is known to damage blood vessels, skin, joints and other organs. —LINDA RATH

SOURCE: *Arthritis Care & Research*, Dec. 27, 2016

BIOLOGICS

New Treatments



The Food and Drug Administration (FDA) in May approved the biologic drug sarilumab (*Kezvara*) for the treatment of RA. Sarilumab blocks a protein called interleukin-6 (IL-6), which plays a key role in many inflammatory diseases. It's the second IL-6 inhibitor to receive FDA approval for RA.

The agency also approved *Renflexis* (infliximab-abda), a biosimilar to *Remicade* (infliximab), making it the fourth biosimilar approved to treat inflammatory arthritis and the second approved *Remicade* biosimilar. *Renflexis* is approved to treat RA, ankylosing spondylitis, PsA, plaque psoriasis, ulcerative colitis and adult and pediatric Crohn's disease. It is expected to be available in October.

Also, the FDA expanded the approved use of subcutaneous tocilizumab (*Actemra*) to treat adults with giant cell arteritis (GCA), a type of vasculitis that causes arteries (usually in the head) to become inflamed and disrupt blood flow. It is the first FDA-approved therapy for GCA. —J.D. AND L.R.

SOURCE: FDA

SHOULDER PAIN [CONTINUED FROM PAGE 32]

Osteoarthritis

Degeneration of the shoulder joint, particularly the top of the shoulder (acromioclavicular joint) and the ball and socket joint (glenohumeral joint), causing pain and stiffness. Treatment options: OTC anti-inflammatories; in some cases surgery, such as shoulder replacement.

Inflammatory Arthritis

Inflammation of the lining of the ball and socket and/or the acromioclavicular joint. Treatment options: OTC or prescription anti-inflammatory drugs; disease-modifying drugs; physical therapy; in some cases surgery to remove the damaged portion of the collarbone or replace the joint.