

Summary of the user trial on the effect of IcePower Arthro creme

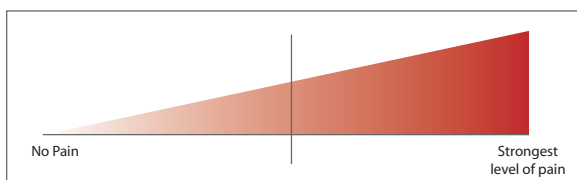
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Introduction: Osteoarthritis (OA) is the most common musculoskeletal disorder in the world. The symptoms of OA are pain and stiffness of the joints affected, which limits the mobility and decreases the quality of life.

Aim of the study: Osteoarthritis of the hands often leads to considerable pain and disability of the patient. The aim of this study was to evaluate the effect and usability of a non-drug, pain-relieving creme with cooling effect in patients diagnosed with osteoarthritis or other different problems of the joints of their fingers and wrists.

Patient population: 28 patients with osteoarthritis or other problems of the joints of their fingers and wrists, and with symptoms of pain or/and swelling, participated in the study. The patients used the study creme (IcePower Arthro) twice a day throughout the study. The mean age of the patient group was 65.2 years.

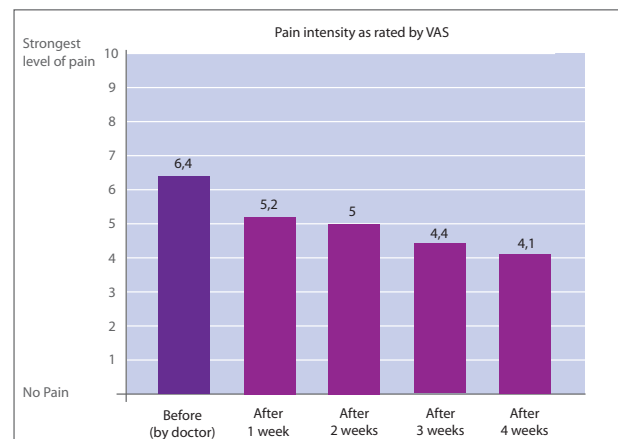
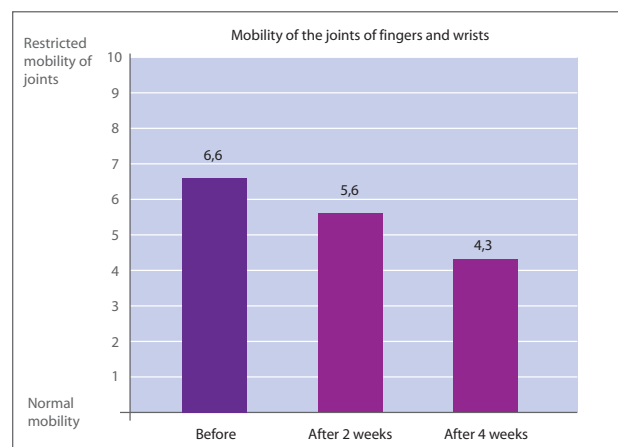
Clinical Methods: The patients were enrolled in this study after a clinical examination. After this initial visit to a physician, the study patients used the creme for a period of four weeks. The treatment results were evaluated after two and four weeks of treatment. The patients were not allowed to buy and use any new medication for this ailment during the study. However, any medication (for any disease) which had been started before this study and the use of which was already stable, was allowed; provided that the dosage was maintained throughout the study period.



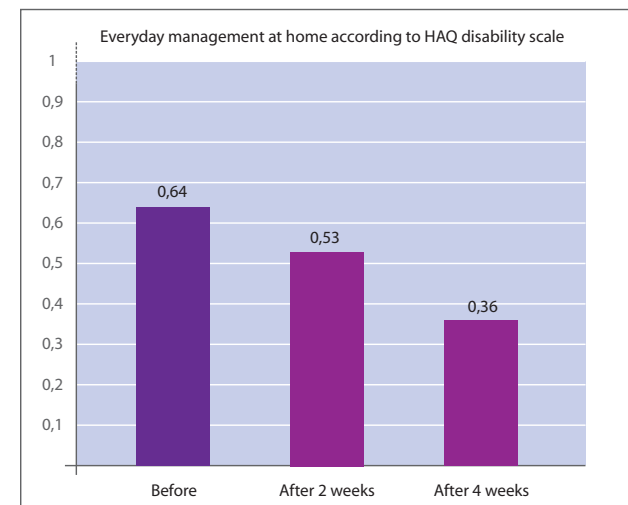
VAS, A Visual Analogue Scale

Primary outcome parameters of the study: A Visual Analogue Scale (VAS 0-10) was used to evaluate the pain experienced at rest and in motion, a scale of 0-10 to describe the mobility of the joints, and a HAQ disability scale to evaluate the everyday management at home. In addition, the patients were asked about their satisfaction with the treatment.

Results: The mean score describing the mobility of the joints decreased from 6.6 to 5.6 during the first two weeks, and to 4.3 by the end of the study. The mean



VAS score for pain decreased from 6.4 (moderate pain) to 4.1 (mild pain) by the end of the study. The HAQ score for everyday management at home decreased from 0.64 to 0.53 during the first two weeks, and to 0.36 by the end of the study. The majority of the patients participating in the study said they would recommend this treatment to their friends, and would continue to use this creme or use it again, if necessary. No significant adverse events were reported.



Conclusions: The use of this non-drug creme with a cooling effect lead to a significant decrease in the pain of the joints of fingers and wrists (i.e. a decrease from moderate to mild pain). The mobility of the joints and the everyday management at home were improved, and the patients were enabled to live with less pain. The patients' satisfaction with the treatment was high. In general, the creme showed a good pain-relieving effect and good improvement of the mobility of the affected joints without any significant adverse events.