



Osteo-Pain Management Diary

Everything you need to know
about your Osteoarthritis needs



What is Osteoarthritis?

Osteoarthritis is a common long-term joint disease, which impacts the lives of many Australians. Thankfully, there are many ways to reduce and manage Osteoarthritis pain – whether that is with medicines or other approaches.

Finding the best approach that works for you can be confusing to begin with, especially when there are many medicines available to choose from.

We've made this Osteoarthritis diary to help you improve the management of your pain. By focusing on two effective products, **Panadol Osteo** and **Voltaren Osteo Gel 12 Hourly**, we hope this makes your journey to relief easier. Inside you will find information about managing pain, and a diary to record the medication you've taken. This can help your pharmacist understand your circumstances to give you the best advice for you.

If you ever have any questions, or need some help understanding how your medication or Osteoarthritis works, our pharmacy team are ready to help.

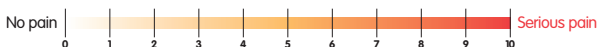


Using your Osteo-Pain Management Diary

Pain Rating

Using a pain rating between zero and ten helps your Healthcare Heroes understand your experience.

A zero (0) means no pain and a ten (10) means serious pain. Select the number that best describes your pain across the day.



Pain Triggers

By understanding what activities cause pain, your Healthcare Heroes may provide advice on how to best manage the pain in the future. What may have triggered your pain, or made it worse during the day? You can use the suggested factors below in your Osteo-Pain Management Diary, or add your own.



Sitting



Weather



Standing



Lack of sleep



Walking



Injury

Pain Relievers

What helped with your pain across the day? You can add comments using the suggestions below, or add your own.



Medication



Heat



Rest



Ice



Distraction with
TV or other



Massage



Talking with someone



Panadol Osteo: Ask your Pharmacist – they must decide if this product is for you. Incorrect use could be harmful. **Voltaren Osteo Gel 12 Hourly:** Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Trade marks owned or licensed by GSK © 2020 GSK or licensor.

Use the below table to stay on top of your Osteoarthritis pain

WEEK 1	Morning	Afternoon	Evening
	Panadol Osteo & Voltaren Osteo Gel 12 Hourly	Panadol Osteo	Panadol Osteo & Voltaren Osteo Gel 12 Hourly
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Directions:

Adults over 12 years,
2 tablets every 6-8hrs
(maximum 6 caplets in 24 hours)

Pain Triggers



Sitting



Walking



Lack of sleep



Standing



Weather



Injury

Pain Relievers



Medication



Heat



Massage



Rest



Ice



Talking with
someone



Distraction with
TV or other

Pain rating (0 = No pain, 10 = Serious pain)	Triggers	Relievers

Directions:
Adults over 12 years,
apply twice a day
(morning and night)



Use the below table to stay on top of your Osteoarthritis pain

WEEK 2	Morning	Afternoon	Evening
	Panadol Osteo & Voltaren Osteo Gel 12 Hourly	Panadol Osteo	Panadol Osteo & Voltaren Osteo Gel 12 Hourly
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Directions:

Adults over 12 years,
2 tablets every 6-8hrs
(maximum 6 caplets in 24 hours)

Pain Triggers



Sitting



Walking



Lack of sleep



Standing



Weather



Injury

Pain Relievers



Medication



Heat



Massage



Rest



Ice



Talking with
someone



Distraction with
TV or other

Pain rating (0 = No pain, 10 = Serious pain)	Triggers	Relievers

Directions:
Adults over 12 years,
apply twice a day
(morning and night)



A JOINT TO STAY



RELIEVE
ONGOING
OSTEOARTHRITIS
PAIN

**AVAILABLE BEHIND
THE COUNTER**



SOLUTION

ACTIVE



AND
TARGET
FLARE-UP JOINT PAIN*
*of the fingers and knees





Panadol Osteo is a bi-layer tablet incorporating an immediate release and a sustained release dose to help manage Osteoarthritis.



Panadol Osteo can provide long-lasting relief from persistent pain associated with Osteoarthritis for up to 8 hours.

Excluding the spine, the three joint sites most often affected are the hip, knee and hand.

The science

Panadol Osteo contains a higher dose of paracetamol 665mg per tablet than regular Panadol tablets.

With only 3 daily doses, each lasting up to 8 hours, Panadol Osteo may provide up to 24-hour relief from pain.

Gentle on stomachs.*

*When used as directed. Always read the label before use.



Voltaren Osteo Gel 12 Hourly is specially designed to help the anti-inflammatory ingredient to get through the skin.

The active ingredient allows the gel to get into the joint area to provide pain relief for up to 12 hours.

Voltaren Osteo Gel 12 Hourly provides pain relief by penetrating to the site of pain to relieve pain and reduce inflammation.

Relief of mild Osteoarthritis pain of the knees and fingers for the whole day and all night, with just two applications a day

The science

Voltaren Osteo Gel 12 Hourly contains the non-steroidal anti-inflammatory drug (NSAID), diclofenac. Diclofenac works to relieve pain and reduce inflammation.

Voltaren Osteo Gel 12 Hourly gets deep into the joint area to provide pain relief.

Living with Osteoarthritis

With the right support, you can lead a healthy, active life with Osteoarthritis. It doesn't have to get worse and it doesn't always lead to disability. To maintain physical and mental health a good diet and regular exercise will help keep muscles strong and control your weight, which is good for Osteoarthritis and also has other health benefits.

It is important to look after your joints, as you are more likely to injure them if you have Osteoarthritis. Make sure you pace yourself, have plenty of rest breaks and stop if you are in pain. Always try to use the strongest and largest muscles and joints to reduce pain and stress on the joints, for example using your thigh muscles instead of your back for lifting. You may need to change the way you do things to avoid putting your joints in unstable positions. It is important to take your medicine as prescribed, even if you start to feel better.

Continuous medicine can help prevent pain. If your medicine has been prescribed 'as required', you may not need to take it in between painful episodes. If you have any questions about the medicine you are on, discuss them with your doctor.



Living with Osteoarthritis

There is a wide variety of simple and practical home care and lifestyle aids available, designed to help reduce pain associated with your arthritis and improve your comfort, safety and ability to carry out tasks.

In the Home

Around your home, products that can help you maintain your independence include:

- key turners and door knob covers
- specially designed scissors with large handles
- book holders to avoid strain on the wrists and joints
- pick-up reachers (a tong-like implement that makes reaching for and grasping objects easier)
- rubber grips for pens and pencils – these mean you will not have to grip as hard
- ejector seat chairs, which may help people with limited mobility
- light, long-handled brooms and dustpans to avoid bending

You will also be able to access products to make life easier. These include products to help you getting dressed, work in the kitchen or in the garden, or to manage independently in the bathroom.

Preventative Measures

Arthritis can sometimes make you less flexible and less mobile. This can increase your risk of having an accident.

Listed below are a number of measures you can take to limit this risk.

- **Eliminate home hazards** – always keep your home well lit and remove all loose wires and cords that you may trip over. Make sure treads, rugs and carpets are secure. Keep rubber mats by the sink and in the bath to prevent slipping and always clean up spills immediately. Install grab rails in the bathroom and toilet to help you stand up without falling.
- **Improve your balance** – exercise that helps improve your balance can prevent a fall. Ideal forms of exercise for improving balance include tai chi, yoga and dance.
- **Exchange high heels for flats** – high heels are bad for your posture and make you more prone to falling, so wear flat, comfortable footwear.
- **Don't drink too much alcohol** – alcohol can affect your balance, making you more likely to fall.
- **Check your sight** – Poor eyesight can increase your risk of accident and injury.
- **Ask for help** – if you know you have arthritis, try to avoid doing chores that you know will cause more pain. Write a list of the jobs that need to be done around the house and save it for the next time your friends or family visit.

Think Well

Dealing with Stress

Everyone feels stress. It's a normal response to challenging or dangerous situations. A small amount of stress can be a good thing and increase energy and motivation. But too much stress can make people feel overwhelmed. It can affect quality of life and cause problems with physical and mental health.

There are different ways to deal with stress, and stress affects everyone differently. A good first step is to understand how it affects you so you can deal with it. The key is to identify what makes you stressed, then take steps to avoid it or reduce the feelings of stress.

There are plenty of strategies to reduce stress. When you feel yourself getting stressed, it can help to do relaxation techniques such as deep breathing, yoga, meditation, tai chi or exercise.

A psychologist or counsellor can help you with techniques to problem solve, manage your time and cope with life's problems.

Removing the causes of stress

Everyone is different. What one person finds stressful, another won't. It depends on your personality, cultural background, past experiences, stage of life and what support you have around you.



Many things that cause stress can be changed, but others are beyond our control. Work out what you can control and take steps to make a change.

Solving problems

Once you have identified the problems that are leading to stress in your life, using this structured problem-solving exercise can help you to find solutions.

1. List the problems that are worrying or distressing you and write them down.
2. Identify which problem is causing you the most stress and write it down.
3. Work out all the options to deal with the problem and write them down.
4. List the advantages and disadvantages of each option.
5. Identify the best option to deal with the problem.
6. List the steps you need to carry out this option.
7. Carry out the option. Afterwards, think about whether it worked and whether you would do this again.

This technique has been adapted from **beyondblue**.

Eat Smart

Eat Well to Age Well

As you get older, it's important to continue choosing healthy foods and enjoying eating as a social activity that you can look forward to. The following suggestions can also help you to maintain healthy eating habits as you get older.

Use Less Salt

Everyone requires a certain amount of salt, but too much can increase the risk of high blood pressure and heart disease.

Salt occurs naturally in many foods such as meat, eggs, milk and vegetables, but much of the salt in the Australian diet comes from the salt added to foods by manufacturers or when adding salt yourself.

Older adults should restrict their intake of high salt foods such as cured meats (including ham, corned beef, bacon and luncheon meats), snack foods (such as potato chips and savoury pastries) and sauces (such as soy sauce). Choose reduced salt varieties of foods when shopping, and flavour foods with herbs and spices instead of adding salt.

Drink more Water

Water supports provides many vital functions in body, including hydration, digestion and blood volume, however as you age you may not feel thirsty as often, even when your body needs fluid.



Aim to drink at least six times a day, and more in warmer weather or if you're exercising. Mineral water, soda water and reduced fat milk can all count towards your fluid intake during the day, but water is always best!

Limit your Intake of Foods containing Saturated Fats and Trans Fats

Pies, pastries, fried and battered foods, and 'discretionary items' such as chips and chocolate are generally high in saturated fat, and may also contain dangerous trans fats. They should only be eaten very occasionally.

If you're in the habit of having desserts, aim to make it partly nutritious and avoid high sugar and saturated fat foods, or those containing trans fats. Try fresh fruits with reduced fat yoghurt for sweetness and flavour, and choose wholegrain and/or oat-based options for crumbles or cakes.

Vitamins and Minerals

Vitamin and minerals can play a role for diagnosed deficiencies, which are not uncommon in older people as they may eat less, or have digestion issues due to illness or medication.

But for otherwise healthy people, vitamins and minerals cannot compensate for a poor diet, and can also be expensive.

Eat Smart

Enjoy a variety of foods from the core foods groups to get as many nutrients from foods as possible, or see an Accredited Practising Dietitian or your GP to discuss your specific nutritional needs.

Shopping for Food

Shopping can become more difficult for older people that live alone, or those with mobility issues or a lack of transport. So it is a good idea to have your cupboard well-stocked with foods that can keep for a long time without going stale. This makes it easier to easily prepare a nutritious meal.


This may include:

- canned fruit and canned and UHT fruit juice
- canned vegetables (reduced salt where possible)
- baked beans and bean mixes
- rice, spaghetti, macaroni, flour, rolled oats and breakfast cereals
- canned, powdered and reduced fat UHT milk and custard
- canned meat and fish
- canned soups
- sauces (such as reduced fat soy sauce) and pastes (such as reduced fat and salt peanut butter)
- vegetable oil such as olive oil or canola oil

Source: nutritionaustralia.org/fact-sheets/nutrition-and-older-adults



Get Fit



Osteoarthritis Prevention

It is not possible to prevent osteoarthritis altogether. However, you may be able to minimise your risk of developing it by avoiding injury and staying as healthy as possible. Also maintaining yourself in a healthy weight range will reduce the burden of osteoarthritis if developed in a weight bearing joint.

Look after your Joints

Do some regular exercise, but try not to put too much stress on your joints, particularly your hips, knees and the joints in your hands.

Do exercises such as swimming and cycling, where your joints are better supported and the load is more controlled.

Try to maintain good posture at all times and avoid staying in the same position for too long. If you work at a desk, make sure your chair is at the correct height, and take regular breaks to move around.



Keep your Muscles Strong

Your muscles help support your joints, so having strong muscles will help your joints stay strong too.

Try to undertake appropriate amounts of physical activity. It is recommended to exercise for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity (for example, cycling or fast walking) every week to build up your muscle strength. Do muscle-strengthening exercises at least two days each week.

If you are over 65, you should aim for physical activity for 30 minutes most days. Try to be active in as many ways as possible, with exercises to boost your fitness, strength, balance and flexibility.

Exercise should be fun, so do what you enjoy, but try not to overload the joints.

Lose Weight if you are Overweight or Obese

Being overweight or obese can make your Osteoarthritis worse.

Be Mindful

Benefits of Mindfulness

Mindfulness is a way of training yourself to focus your attention in a certain way to calm your mind. It can help you in your day-to-day life, work, relationships and overall wellbeing.

Wellbeing and Stress Relief

Mindfulness involves paying attention to the present moment without judgement, allowing you to rest your mind and body. Being mindful may allow you to focus on and appreciate what you have instead of taking things for granted. The awareness and feeling of gratitude may help you feel renewed.

Without being mindful, you may simply react to negative thoughts and feelings. Practising mindfulness may help you to become more aware of your thoughts and feelings, and manage them in a positive way. Taking control of your thoughts and feelings can help reduce stress and anxiety.





3 Tips on being Mindful

Many individuals and organisations now offer mindfulness training. However, you can start putting mindfulness into practice with a few simple exercises.

- 1. One-minute Breathing Exercise.** Sit with your back straight but relaxed. For the next minute, focus your entire attention on your breathing in and out, how air passes in and out of your nostrils, and how your abdomen rises and goes down with each breath. If thoughts start crowding in, gently let them go and refocus on your breathing.
- 2. Check in with Yourself.** Bring yourself into the present moment by asking yourself, 'What is going on with me at the moment?' You can label your thoughts and feelings – for example, 'that's an anxious feeling' – and let them go. You may start to feel more of an observer instead of someone reacting to thoughts and feelings.
- 3. Eat Mindfully.** When you're having a meal, focus on your eating. Don't read or watch TV at the same time. Pay attention to how the food looks, smells and tastes. You may find you enjoy your food more, and stop eating when you're full instead of automatically finishing what's on your plate.

Source: www.healthdirect.gov.au/benefits-of-mindfulness

A special offer to keep you on track

You have completed a two week Regime of Panadol Osteo and Voltaren Osteo Gel 12 Hourly. To assist with continuing regime to manage your Osteoarthritis pain we have included these vouchers which can be redeemed for your next purchase. Please bring these vouchers with you and present to the cashier at the time of purchase.





Receive
20% OFF*
Panadol Osteo (96 pack)

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one Panadol Osteo and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.



Receive
20% OFF*
100g Voltaren
Osteo Gel 12 Hourly

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one 100g Voltaren Osteo Gel 12 Hourly and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.



Receive
20% OFF*
Panadol Osteo (96 pack)

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one Panadol Osteo and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.



Receive
20% OFF*
150g Voltaren
Osteo Gel 12 Hourly

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one 150g Voltaren Osteo Gel 12 Hourly and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.

Receive
20% OFF*

Panadol Osteo (96 pack)



9300652803488

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one Panadol Osteo and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.

Receive
20% OFF*

100g Voltaren Osteo Gel 12 Hourly

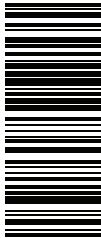


9300633487201

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one 100g Voltaren Osteo Gel 12 Hourly and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.

Receive
20% OFF*

Panadol Osteo (96 pack)



9300652803488

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one Panadol Osteo and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.

Receive
20% OFF*

150g Voltaren Osteo Gel 12 Hourly



931164078616

*Valid for use from 21 June 2021 to 31 December 2021 at participating Pharmacy Alliance stores whilst stocks last. Discount can only be redeemed on the purchase of one 150g Voltaren Osteo Gel 12 Hourly and cannot be used in conjunction with any other offer or promotion. Limit of 1 per customer. 1 per transaction.

Notes:



Please record any additional notes on your food and activity levels

Eating:

Exercise:



recommended by your



Panadol Osteo: Ask your Pharmacist – they must decide if this product is for you. Incorrect use could be harmful.

Voltaren Osteo Gel 12 Hourly: Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Trade marks owned or licensed by GSK © 2020 GSK or licensor. PM-AU-PAN-20-00206