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**Target-based approach for osteoarthritis treatment**

de Campos GC *et al.* TBA – target-based approach

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Wilson M Alves, Márcia U de Rezende

**Abstract**

There is still no definitive treatment for knee osteoarthritis (OA). We are far from consensus on the best form of treatment or on an effective recommendation. There are reasons for the current equivocal recommendations in the face of this very serious health problem. The first of these, undoubtedly, is the great complexity of the factors involved in the development and progression of knee OA, the complex pathophysiology involving mechanical, inflammatory, metabolic, post-traumatic, molecular, genetic and psychological changes, among other factors. For several years, an attempt has been made to correlate different patient phenotypes to different patterns of response to treatment, thus creating the possibility of developing specific treatments for different groups of patients and theoretically allowing better treatment efficacy. However, in clinical practice we still find totally different responses and evolutions even in the same

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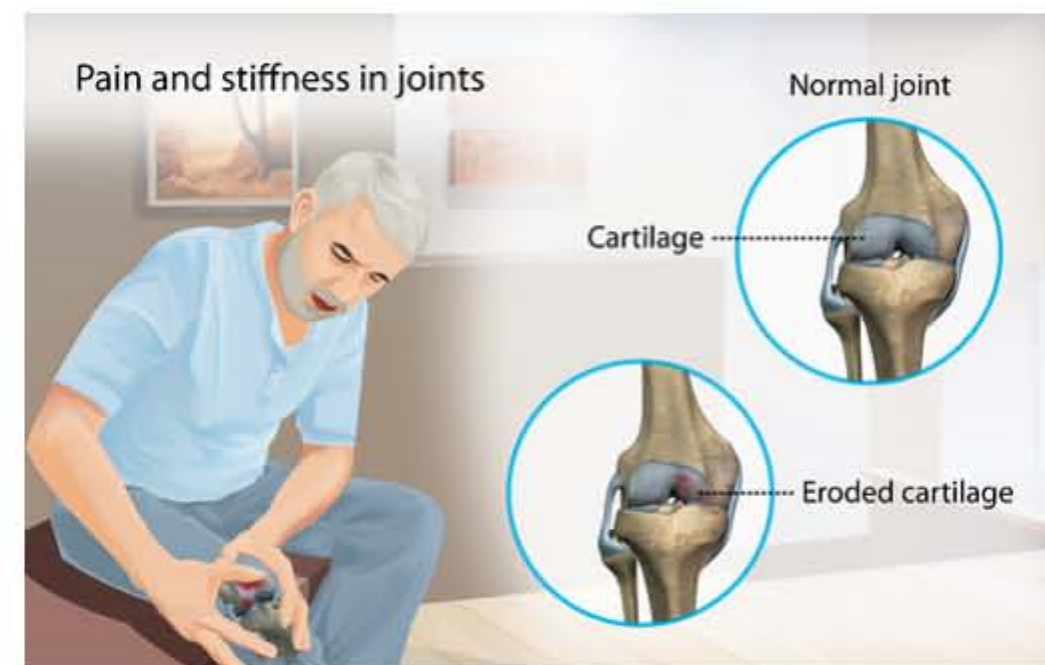
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## Osteoarthritis

Medical Condition



Inflammation of one or more joints.

Very common (More than 3 million cases per year in US)

Often requires lab test or imaging

Treatments can help manage condition, no known cure

Can last several years or be lifelong

Osteoarthritis is the inflammation or loss of cartilage in the joints caused due to wear and tear. Symptoms include pain and stiffness in the joints, swelling, warm and tender joints and limited movement of affected joints. Medications, therapies, and surgeries help reduce inflammation and pain.

### Symptoms