

CASE STUDY #1464: A Case Study Evaluating the Effects of a Combination THIAA, Rosemary Extract, and Oleanolic Acid Nutraceutical in a Patient with Osteoarthritis

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PURPOSE

To show how targeted nutritional support with a nutraceutical combination of tetrahydro-iso-alpha acids (THIAA), rosemary extract, and oleanolic acid may alleviate discomfort in a patient with osteoarthritis (OA).

PATIENT'S PRESENTATION AND HISTORY

A 44-year-old Caucasian female presented with a history of OA in her right knee. Approximately 15 years ago, she began experiencing discomfort in her knee, fingers, elbows, shoulders, and feet. Currently, her most significant areas of joint discomfort included the left elbow, left ring finger, right hand, right shoulder, right knee, and the left foot. Her surgical history included a meniscal tear in the right knee, status post repair, with additional arthroscopic surgery 3 months before presentation for a recurrent injury to the right knee.

Concurrent conditions included mild irritable bowel syndrome (IBS) symptoms and menstrual irregularities that had developed in the previous few years. She was working on her weight issues, and had recently lost 22 lbs. with a diet. The patient did not smoke, and occasionally consumed wine. She exercised by walking when pain allowed.

The patient's past medical history included hyperlipidemia, obesity, and gastroesophageal reflux disease.

Patient's Objective Information

- WT: 235 lb.; BP: 132/84
- Results of laboratory tests: Slightly elevated erythrocyte sedimentation rate (ESR) at 32 mm/hr; negative anti-nuclear antibodies (ANA), and gluten sensitivity
- Prescriptive medications included: Ibuprofen (800 mg 3 times daily, stopped 3 weeks earlier); etodolac (stopped 10 days earlier)
- Supplements included: Vitamin B complex (1 tablet daily)

ASSESSMENT AND PLAN

The initial assessment indicated OA and hypertension.

The patient was placed on the following protocol:

- Begin THIAA, rosemary extract, oleanolic acid nutraceutical (1 tablet twice daily with meals)

RESULTS

1 and 3 Week Results

After 1 week on the program, the patient reported feeling better, and having less difficulty in performing daily activities and getting dressed. After 3 weeks, she reported being able to do more exercise—e.g., more yard work than previously—and she was walking longer distances. The pain that was there before as a “white noise” was now absent most of the time. However, her knee pain continued to be severe after long periods of driving.

The patient's MSQ score had decreased to 9 and VAS scores showed improvement as well. Physical exam revealed only a tender 4th metacarpal-phalangeal joint on the right and a tender right knee without swelling. The patient was instructed to increase the dose of nutraceutical to 1 tablet 3 times daily.

4 and 8 Week Results

At 6 weeks, the patient reported being able to kneel without difficulty and no presence of sore spots on her knees, even with torquing movement. After 8 weeks on the program, the patient reported that she had increased her exercise routine. She also commented on how the lack of pain had resulted in a better attitude and new energy into her life. Her MSQ score decreased from 33 to 4 after 8 weeks.

Figure 1. After 8 weeks, the patient's Medical Symptoms Questionnaire (MSQ)[†] score decreased from 33 to 4 (reference range: <30 = few or low intensity symptoms). The result suggests a distinctive clinical improvement and noticeably fewer symptoms.

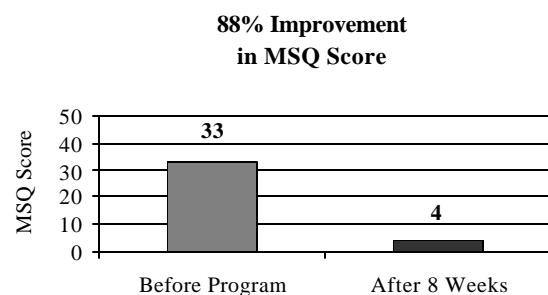


Figure 2. After 8 weeks, the patient's pain score from the WOMAC index[‡] decreased from 250 to 8. The result suggests a significant improvement in the patient's physical symptoms.

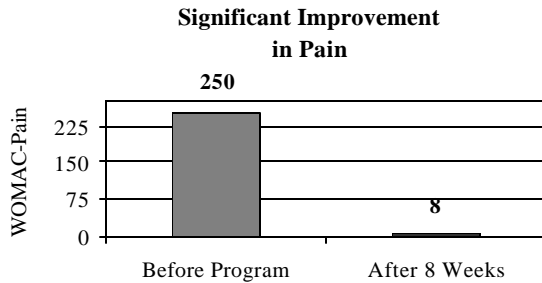


Figure 3. After 8 weeks, the patient's stiffness score from the WOMAC index[‡] decreased from 112 to 13. The result suggests a substantial improvement in the patient's physical symptoms.

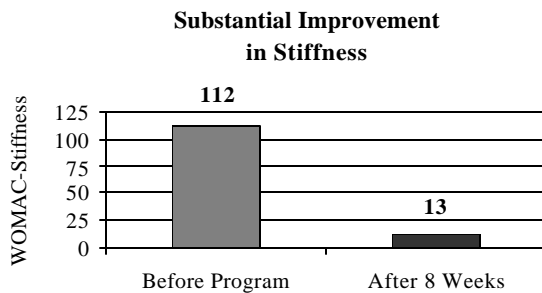
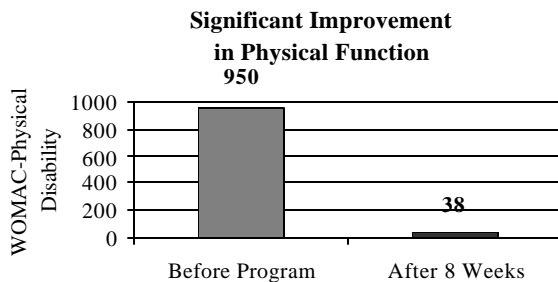


Figure 4. After 8 weeks, the patient's physical disability score from the WOMAC index[‡] decreased from 950 to 38. The result suggests a significant improvement in the patient's physical function.



SUMMARY

The outcome of this case study suggests that a focused, high-impact nutritional program featuring a nutraceutical combination of THIAA, rosemary extract, and oleanolic acid addressed the long history of joint symptoms, resulting in a remarkable improvement on the patient's subjective pain and physical well-being with a dose of 1 tablet 3 times daily.

NOTE

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

Financial support for this study was provided by Metagenics, Inc. This study was conducted at the Functional Medicine Research CenterSM (FMRC), the clinical research arm of Metagenics, Inc.

[†]The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

[‡]The WOMAC index is a well-validated, self-administered measure that assesses the three dimensions of pain, stiffness, and physical disability in the knee and hip. Higher scores in any of the categories are associated with greater symptomatology.

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A case study evaluating the effects of a combination THIAA, rosemary extract, and oleanolic acid nutraceutical in a patient with osteoarthritis. Metagenics, Inc.; 115OA107.

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