

# Arthrose-Kur

St. Martin's Press  
175 Fifth Avenue

**New York/N.Y 10010**

Tel.:001-212-674-5151  
Fax: 001-212-420-9312



Jason Theodosakis, Brenda Adderly,  
Barry Fox

## **Die Arthrose Kur - Endlich ist Heilung möglich!**

Die sensationelle Behandlungsform ohne  
Nebenwirkungen

Originaltitel: The Arthritis Cure  
Originalverlag: St. Martin's Press, New York  
1997

Taschenbuch, 224 Seiten, 10 Abbildungen, 12,5  
x 18,3 cm, € 8,00 [D]

Goldmann Verlag

ISBN: 3-442-16123-1  
Erscheinungstermin: Oktober 2003  
Titel ist lieferbar

## References

---



---

### Chapter 1: Can Osteoarthritis Be Cured?

1. Lewis, R. "Arthritis: Modern Treatment for That Old Pain in the Joints." *FDA Consumer* 25:18-26, July/August 1991.
2. McKenzie, L. S., Horsburgh, B. A., Ghosh, P., and Taylor, T. K. F. "Osteoarthritis: Uncertain Rationale for Anti-inflammatory Drug Therapy." *Lancet* 1:908-909, 1976.
3. Vidal y Plana, R. R., Bizzardi, D., and Rovati, A. L. "Articular Cartilage Pharmacology: In Vitro Studies on Glucosamine and Non-steroidal Anti-inflammatory Drugs." *Pharmacological Research Communications* 10(6):557-569, 1978.
4. Palmoski, J. J., and Brandt, K. D. "Effects of Some Non-steroidal Anti-inflammatory Drugs on Proteoglycan Metabolism and Organization in Canine Articular Cartilage." *Arthritis and Rheumatism* 23:1010-1020, 1980.
5. Moskowitz, R. *Osteoarthritis Diagnosis and Management*, Introduction. Philadelphia: W. B. Saunders Company, 1992, pp. 1-6.
6. Ibid. Chapter 8: Osteoarthritis Symptoms and Signs, pp. 149-154.
7. Mankin, H. J. *Arthritis Surgery*, Chapter 25: Clinical Features of Osteoarthritis. Philadelphia: W. B. Saunders Company, 1994, pp. 469-479.

## References

8. Liang, M. H. "A Joint Endeavor." *Harvard Health Letter* 17(6):1-4, April 1992.
9. "Joints Feel the Weight." *Prevention* 41:10, February 1989.
10. Felson, D. T., et al. "Obesity and Knee Osteoarthritis: The Framingham Study." *Annals of Internal Medicine* 109:18-24, July 1988.
11. Weiss, R. "Geneticists to Arthritics: A Gene's the Rub." *Science News* 138:148, 1990.
12. Griffin, M., et al. "Practical Management of Osteoarthritis." *Archives of Family Medicine* 4:1049-1055, December 1995.
13. Mankin. Op cit. Chapter 25: "Clinical Features of Osteoarthritis," pp. 469-479.
14. Swedberg, J. A., and Steinbauer, J. R. "Osteoarthritis." *American Family Physician* 45(2):557-568, February 1992.
15. Peyron, J. C. *Osteoarthritis Diagnosis and Management*, Chapter 1: The Epidemiology of Osteoarthritis. Philadelphia: W. B. Saunders Company, 1992, pp. 9-27.
16. Tsang, J. K. "Update on Osteoarthritis." *Canadian Family Physician* 1992; \_\_\_\_\_
17. *Arthritis Information: Rheumatoid Arthritis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 4020, March 1995.
18. *Arthritis Information: Osteoarthritis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 4040, May 1995.
19. Mankin. Op. cit. Chapter 25: Clinical Features of Osteoarthritis, pp. 469-479.
20. Swedberg and Steinbauer. Op. cit.
21. Bland. Op. cit.
22. Liang, M. H., and Fortin, E "Management of Osteoarthritis of the Hip and Knee." *The Journal of the American Medical Association* 325(2):125-127, July 11, 1991.
23. Bland. Op cit.
24. Adams, M. E. "Cartilage Research and Treatment of Osteoarthritis." *Current Opinions in Rheumatology* 4:552-559, 1992.

## References

### Chapter 2: When Joints Go Bad

1. Brandt, K. D., and Mankin, H. J. *Arthritis Surgery*, Chapter 24: Pathogenesis of Osteoarthritis. Philadelphia: W. B. Saunders Company, 1994, pp. 450-468.
2. Buckwalter, J. A., et al. "Restoration of Injured or Degenerated Articular Cartilage." *Journal of the American Academy of Orthopaedic Surgeons* 2(4):192-201, July/August 1994.
3. Caplan, A. I. "Cartilage." *Scientific American* 251(1):84-97, October 1984.
4. Sledge, C. B. *Arthritis Surgery*, Chapter 1: Biology of the Joint. Philadelphia: W. B. Saunders Company, 1994, pp. 1-21.
5. Kushner, L. (The Arthritis Foundation). *Understanding Arthritis: What It Is, How to Treat It, How to Cope With It*. New York: Macmillan General Reference, 1984, pp. 60-61.
6. Buckwalter et al. Op. cit.
7. Meachin, G., and Brooke G. *Osteoarthritis Diagnosis and Management*, Chapter 2: The Pathology of Osteoarthritis. Philadelphia: W. B. Saunders Company, 1992, pp. 42-44.
8. *Arthritis Information: Osteonecrosis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9337, May 1994.

### Chapter 3: New Hope for Beating Osteoarthritis

1. Müller-Faßbender, H., et al. "Glucosamine Sulfate Compared to Ibuprofen in Osteoarthritis of the Knee." *Osteoarthritis and Cartilage* 2:61-69, 1994.
2. Grolle, G., and D'Este, E. "Glucosamine Sulphate for the Management of Arthrosis: A Controlled Clinical Investigation." *Current Medical Research and Opinion* 7(2):104-109, 1980.
3. Dovanti, A., Bignamini, A. A., and Rovati, A. L. "Therapeutic Activity of Oral Glucosamine Sulphate in Osteoarthritis: A Placebo-Controlled Double-Blind Investigation." *Clinical Therapeutics* 3(4):266-272, 1980.
4. Pujalte, J. M., Llavore, E. P., and Ylescupidez, F. R. "Double-blind Clinical Evaluation of Oral Glucosamine Sulphate in the Basic Treatment of Osteoarthritis." *Current Medical Research and Opinion* 7(2):110-114, 1980.

## References

5. Dovanti et al. Op. Cit.
6. Pujalte et al. Op. cit.
7. Vajaradul, Y. "Double-blind Clinical Evaluation of Intra-articular Glucosamine in Outpatients with Gonarthrosis." *Clinical Therapeutics* 3(5):260 + ,1980.
8. Crolle, G., and D'Este, E. "Glucosamine Sulphate for the Management of Arthrosis: A Controlled Clinical Investigation." *Current Medical Research and Opinion* 7(2):104-109,1980.
9. Tapadinhas, M. J., Rivera, I. C, and Bignamini, A. A. "Oral Glucosamine Sulphate in the Management of Arthrosis: Report on a Multi-centre Open Investigation in Portugal." *Pharmatherapeutica* 3(3):157-168,1982.
10. Vaz, A. L. "Double-blind Clinical Evaluation of the Relative Efficacy of Ibuprofen and Glucosamine Sulphate in the Management of Osteoarthritis of the Knee in Out-patients." *Current Medical Research and Opinion* 8(3):145-149,1982.
11. Faßbender, H. M., et al. "Glucosamine Sulfate Compared to Ibuprofen in Osteoarthritis of the Knee." *Osteoarthritis and Cartilage* 2(1):61-69,1994.
12. D'Ambrosio, E., et al. "Glucosamine Sulfate: A Controlled Clinical Investigation in Arthrosis." *Pharmatherapeutica* 2(8)504+ , 1981.
13. Caplan, A. I. "Cartilage." *Scientific American* 251(1):84-97, October 1984.
14. Soldani, C., and Romagnoli, J. "Experimental and Clinical Pharmacology of Glycosaminoglycans (GAGs)." *Drugs in Experimental and Clinical Research* 18(1):81-85,1991.
15. Rovetta, G. "Galactosaminoglycuronoglycan Sulfate (Matrix) in Therapy of Tibiofibular Osteoarthritis of the Knee." *Drugs in Experimental and Clinical Research* 18(1)53-57,1991.
16. Soldani and Romagnoli. Op. cit.
17. Prudden, J. F., and Balassa, L. L. "The Biological Activity of Bovine Cartilage Preparations." *Seminars on Arthritis and Rheumatism* 3(4):287 + ,1974.
18. Rovetta. Op. cit.
19. Pipitone, V. R. "Chondroprotection with Chondroitin Sulfate." *Drugs in Experimental and Clinical Research* 17(1):3-7,1991.

## References

20. Oliviero, U, et al. "Effects of the Treatment with Matrix on Elderly People with Chronic Articular Degeneration." *Drugs in Experimental and Clinical Research* 17(1):45-51,1991.
21. Mazières, B., et al. "Le Chondroïtin Sulfate Dayns le Traitement de la Gonarthrose et de la Coxarthrose." *Rev. Rheum. Mal Ostéoartic* 59(7-8):466-472,1992.
22. Kerzberg, E. M., et al. "Combination of Glycosaminoglycans and Acetylsalicylic Acid in Knee Osteoarthritis." *Scandinavian Journal of Rheumatology* 16:377-380,1987.
23. Dixon, J., et al. *Second-Line Agents in the Treatment of Rheumatic Diseases*. New York: Marcel Dekker, 1992, pp. 363-427.

### Chapter 4: The Arthritis Cure

1. Bucci, L. R. *Nutrition Applied to Injun/ Rehabilitation and Sports Medicine*. Boca Raton, Fla.: CRC Press, 1994, pp. 140-149.
2. Ibid., pp. 95-102.
3. Fries, J. F, et al. "Running and the Development of Disability with Age." *Annals of Internal Medicine* 121:502-509,1994.
4. Bunning, R. P., and  
ercise for Patients with Osteoarthritis." *Seminars in Arthritis and Rheumatism* 21(3):33-43, December 1991.
5. Bucci. Op. cit., pp. 95-102.
6. Murray, M. T. *Arthritis: How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise and Other Natural Methods*. Rockiin, Calif.: Prima Publishing, 1994, pp. 66-73.
7. Felson, D. T., et al. "Weight Loss Reduces the Risk for Symptomatic Knee Osteoarthritis in Women: The Framingham Study." *Annals of Internal Medicine* 116:535-539,1992.
8. Traut, E. F., and Thrift, C. B. "Obesity in Arthritis: Related Factors, Dietary Factors." *Journal of the American Geriatric Society* 17:710-717,1969.
9. Fox, S., and Fox, B. *Beyond Positive Thinking*. Carson, Calif.: Hay House, 1991, p. 64.

### Chapter 5: The Problem with Painkillers

1. Gay, G. "Another Side Effect of NSAIDs." *Journal of the American Medical Association* 264(20)-2677-2678, November 28,1990.

## References

2. Sandler, D. P. "Analgesic Use and Chronic Renal Disease." *The New England Journal of Medicine* 320:1238-1243,1989.
3. Garnett, L. R. "Strong Medicine." *Harvard Health Letter*, April 1995, pp. 4-6.
4. Calabro, J. J. *Osteoarthritis Diagnosis and Management*, Chapter 18: Principles of Drug Therapy. Philadelphia: W. B. Saunders Company, 1992, pp. 317-322.
5. Garnett. Op. cit.
6. Brooks, P M., and Day, R. O. "Nonsteroidal Anti-inflammatory Drugs—Differences and Similarities." *The New England Journal of Medicine* 324(24):1716-1725, June 13,1991.
7. Novak, K. K., et al. *Drug Facts and Comparisons*. St. Louis, Mo.: Facts and Comparisons, Inc., 1995.
8. Hendler, N., and Kolodny, A. L. "Using Medication Wisely in Chronic Pain." *Patient Care*, 26:125-139, May 15,1992.
9. Hodgkinson, R., and Woolf, D. "A Five-Year Clinical Trial of Indomethacin in Osteoarthritis of the Hip Joint," *ACTA Orhtop Scand*. [AU: Pis, confirm! 50:169,1979.\_\_\_\_\_]
10. Bradley, J. D., et al. "Comparison of an Anti-inflammatory Dose of Ibuprofen, an Analgesic Dose of Ibuprofen, and Acetaminophen in the Treatment of Patients with Osteoarthritis of the Knee." *The New England Journal of Medicine* 325:87-91,1991.
11. Hench, P K., and Willkens, R. F. "Choosing the Right NSAID for Joint Pain." *Patient Care*, 28(76):76-108,1994.
12. Calabro. Op. cit.
13. Brooks and Day. Op. cit.
14. Ibid.
15. Calabro. Op. cit.
16. Stehlin, D. "How to Take Your Medicine—Nonsteroidal Anti-inflammatory Drugs." *FDA Consumer* pp. 33-34, June 1990.

### **Chapter 6: Exercise That Helps, Not Hurts**

1. Gecht, M. R., et al. "A Survey of Exercise Beliefs and Exercise Habits Among People with Arthritis." *Arthritis Care and Research*, 9(2):82-88, April 1996.

2. Rock, M. "A Strong Case for Strength Training." *Arthritis Today* 8(6):45-50, November/December 1994.
3. Bunning, R. D., and Materson, R. S. Op. cit.
4. **Rock. Op. cit.**
5. Morrow, S. "Take It in Stride: Walking Is Fun for Fall." *Arthritis Today* 8(5):59-61, September/October 1994.
6. *Arthritis Information: Exercise and Your Arthritis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 835-5455, January 1996.
7. McNeal, R. L. "Aquatic Therapy for Patients with Rheumatic Disease." *Rheumatic Disease Clinics of North America* 16(4):915-943, November 1990.
8. Centerpiece. "Stretching, the Truth." *UC Berkeley Wellness Letter* 11:4-6, November 1994.

### **Chapter 7: Healthy Eating Really Counts**

1. **Bucci. Op. cit., pp. 69-76.**
2. Nierenberg, C. "The Antioxidant Avalanche." *Arthritis Today*, January/February 1996, pp. 48-50.
3. Adderly, B. A. *The Complete Guide to Pills*. New York: Ballantine Books, 1996, p. 1061.
4. *Ibid.*, p. 1066.
5. *Ibid.*, p. 1067.
6. Fox, S., and Fox, B. *Immune for Life*. Rocklin, Calif.: Prima Publishing, p. 256.
7. Travers, R. L., and Rennie, G. C. "Clinical Trial—Boron and Arthritis. The Results of a Double-blind Pilot Study." *Townsend Letter for Doctors*, June 1990, pp. 360-366.
8. Bucci. Op. cit., pp. 205-208.
9. *Ibid.*
10. Williams, S. R. *Nutrition and Diet Therapy*. St. Louis, Mo.. Times Mirror/Mosby, 1985, pp. 516-518.
11. Dunkin, M. A. "Medicines vs Nutrients." *Arthritis Today*, January/February 1991, pp. 46-47.
12. *Ibid.*

13. Ibid.

14. Ibid.

15. Murray, M. *Arthritis: How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise and Other Natural Methods*. Rocklin, Calif.: Prima Publishing, 1994, pp. 66-72.

16. Ibid.

17. Oliverstein, L. "Craving Cure." *Arthritis Today* 10(3)33-39, May/June 1996.

### Chapter 8: Beating the Blues

1. O'Koon, M. "Out of the Dark." *Arthritis Today* 9(1)34-40, January/February 1996.

2. Ibid.

3. Ibid.

4. Fries, J. F. *Arthritis: A Take Care of Yourself Health Guide*. Reading, Mass.: Addison Wesley, 1995, pp. 238-239.

5. O'Koon. Op. cit. \_\_\_\_\_ --

6. Brandt, K. D. *Arthritis Surgery*, Chapter 26: Management of Osteoarthritis. Philadelphia: W. B. Saunders Company, 1994, pp. 480-494.

7. Mondimore, F. M. *Depression: The Mood Disease*. Baltimore, Md.: The Johns Hopkins University Press, 1993.

8. Dexter, E, and Brandt, K. "Distribution and Predictors of Depressive Symptoms of Osteoarthritis." *The Journal of Rheumatology* 21(2):279-286, 1994.

9. Orlock, C. "The Healing Power of Touch." *Arthritis Today* 8(6):34-37, November/December 1994.

### Chapter 9: You Can Prevent Osteoarthritis

1. Rocklin. Op. cit.

2. Bucci. Op. cit., pp. 69-76.

3. Ibid., pp. 205-208.

4. Dunkin. Op. cit.

5. Felson, D., et al. "Weight Loss Reduces Risk for Symptomatic

## References

Knee Osteoarthritis in Women." *Annals of Internal Medicine* H6(7)-535-539, April 1,1992.

6. Delaney, L. "Stop Arthritis Now!" *Prevention*, January 1994 pn 60-67, 126.

7. Theodosakis,J., and Davis, R. "Prevention and Treatment of Athletic Injuries." *Exercise and Fitness* (Canyon Ranch Publication) 1993 pp. 1-8.

8. Felson. Op. cit.

9. Felson, D. T., et al. "Obesity and Knee Osteoarthritis. The Framingham Study." *Annals of Internal Medicine* 109:18-24, July 1938.

### Chapter 10: The Arthritis Primer

1. *Arthritis Information: Ankylosing Spondylitis*. Atlanta, Ga : The Arthritis Foundation, Brochure No. 9050, October 1995.

2. *Understanding Arthritis*. Op. cit., pp. 161-175.

3. Fries. Op. cit., pp. 42-47.

4. *Understanding Arthritis*. Op. cit., pp. 236-247.

5.

6. Vierck, E. H. *Keys to Understanding Arthritis*. Huppauge, N.Y.: Barren's Educational Series, 1991, pp. 57-58.

7. *Arthritis Information: Gout*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 835-5235, February 1996.

8. *Understanding Arthritis*. Op. cit., pp. 195-203.

9. Fries. Op. cit., pp. 53-58.

10. *Understanding Arthritis*. Op. cit., pp. 210-216.

11. Vierck. Op. cit., pp. 33-35.

12. *Understanding Arthritis*. Op. cit., pp. 182-194.

13. Fries. Op. cit., pp. 27-32.

14. *Understanding Arthritis*. Op. cit., pp. 204-209.

15. Fries. Op. cit., pp. 59-61.

16. *Arthritis Information: Psoriatic Arthritis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9053, October 1995.

17. *Understanding Arthritis*. Op. cit., pp. 217-222.
18. Fries. Op. cit, pp. 37-40.
19. *Afthritis Information: Reiter's Syndrome*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 4350, June 1994.
20. *Understanding Arthiitis*. Op. cit., pp. 176-181.
21. Fries. Op. cit., pp. 47-51.
22. *Arthritis Information: Rheumatoid Arthritis*. Op. cit.
23. *Understanding Arthritis*. Op. cit., pp. 126-133.
24. Fries. Op. cit., pp. 19-26.
25. Vierck. Op. cit., pp. 17-21.
26. *Understanding Arthritis*. Op. cit., p. 229.
27. Fries. Op. cit., pp. 102-104.
28. Vierck. Op. cit., pp. 39-41.
29. *Arthritis Information: Paget's Disease*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9064, November 1992.
30. Vierck. Op. cit., pp. 50-52.
31. *Arthritis Information: Polymyalgia Rheumatica*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 4330, September 1995.
32. *Understanding Arthritis*. Op. cit., pp. 223-227.
33. Fries. Op. cit., pp. 83-86.
34. *Arthritis Information: Myositis*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 4390, September 1995.
35. *Understanding Arthritis*. Op. cit., pp. 154-160.
36. Fries. Op. cit., pp. 86-90.
37. *Arthritis Information: Scleroderma*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9051, September 1995.
38. *Understanding Arthritis*. Op. cit., pp. 143-153.
39. Vierck. Op. cit., pp. 42-44.
40. *Arthritis Information: Sjogren's Syndrome*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9328, August 1995.
41. *Understanding Arthritis*. Op. cit., p. 27.

## References

42. *Arthritis Information- Lupus*. Atlanta, Ga.: The Arthritis Foundation, Brochure No. 9052, September 1995.
43. *Understanding Arthritis*. Op. cit.;pp. 134-142.
44. Fries. Op. cit., pp. 32-36.
45. Vierck. Op. cit., pp. 23-26.
46. *Understanding Arthritis*. Op. cit., pp. 226-227.

### Chapter 11: A Look to the Future

1. The Arthritis Foundation. "New Method to Replace Cartilage/Bone." Public Information Memo, December 12, 1995, pp. 1-2.
2. Kalb, C, and Cowley, G. "Hope for Damaged Joints." *Newsweek*, January 29,1996, p. 55.
3. Brittberg, M., et al. "Treatment of Deep Cartilage Defects in the Knee with Autologous Chondrocyte Transplantation." *The New England Journal of Medicine* 331(14):889-895, October 6,1994.
4. "Growing a New Knee: Transplanting Cartilage." *Penn State Sports Medicine Newsletter* 3(10):1-2, June 1995.
5. Skerrett, E J. "Growing New Cartilage to Fight Arthritis." *Technology Review* 96:10-12, April 1993.
6. The Arthritis Foundation. "Cartilage Growth Factor (TGFB) in ~Osteoarthritis7' Public Information Mëîrîa"February^

