## THE PROVINCE · Friday, October 29, 2004 (A31)

## By Don Harrison Health Reporter

An expensive osteoarthritis lighter used by thousands of Canadians has been shown to have no long-term benefit.

The popular food supplement glucosamine was found to be no better than a placeboin an Arthribetter than a placeboin and a placeboin a placeboin

tis Research Centre of Canada study led by University of B.C. rheumatologist Dr. Jolanda Cibere. Glucosamine is a shellfish derivative, with a "breatment" course costing as much as \$50 a month.

The study looked at 137 Canadians aged 44 to 88 who had been taking glucosamine for knee joint

pain for an average of two years.
All had reported at least a moderale benefit with the supplement.

**UBC** debunks usefulness of glucosamine in relieving arthritis pair

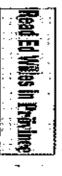
Subjects in the placebo group flured up 42 per cent compared with 45 per cent in the glucosamine group. As well, glucosamine users flured as quickly as placebo users.

s. many years and its effectiveness

that been controversial all along,"
said Cibere. "Our study shows that
peven if the supplement was initialid by perceived by study participants

to be helpful, it has no benefit for {longer-lerm} maintenance and continued use is not effective to control flare-ups."

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"Glucosamine has been used for

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