

Arthritis Pain Relief:

Information on various creams, gels and lotions

Here's a look at how topical pain medications work and whether they're a viable arthritis pain relief option. Find out whether these products can help people with arthritis. Can these topical pain medications really offer arthritis pain relief? Current research has found:

What types of topical pain medications are available?

Topical pain killers come as gels, creams, lotions or patches that are applied directly to the skin over your aching joints. Three types of over-the-counter joint creams are sometimes used by people seeking arthritis pain relief, including:

- **Applications that make skin feel hot or cold.** Doctors call these products counterirritants because they contain ingredients that **irritate your skin**. Ingredients such as menthol, oil of wintergreen or eucalyptus oil produce a sensation of hot or cold that distracts you from your arthritis pain, giving you temporary arthritis pain relief.
- **Aspirin-like pain rubs.** Some products, called topical analgesics, contain salicylates, the same ingredients that give aspirin its pain-relieving quality. In addition to offering arthritis pain relief, these products may reduce joint inflammation as they're absorbed into the skin. **If you are allergic to aspirin or are taking blood thinners, check with your doctor before using topical medications that contain salicylates.** (See Back: Are these products safe for people with arthritis pain?)
- **Creams made from chili pepper seeds.** The seeds contain a compound called **CAPSAICIN** (kap-sa-IH-sin), which causes the burning sensation you associate with peppers. **Creams made with CAPSAICIN as found in ArthArrest™ are most effective for arthritis pain in joints close to the skin surface**, such as your fingers, knees and elbows. **CAPSAICIN** creams work by depleting your nerve cells of a chemical called substance P, which is important for sending pain messages. **CAPSAICIN** is also currently used for the temporary relief of Bursitis, Muscle Aches, Simple Backaches and Sports Injuries. **CAPSAICIN** creams may need to be applied regularly for one or two weeks before arthritis pain relief may occur.
- **Lidocaine Patches.** In some cases doctors may prescribe lidocaine patches for joint pain. These patches are approved in the US to treat a painful complication of shingles, but **research shows that they may be used for other types of pain**, what doctors call an "off- label use." Patches are placed on the skin in the area where the pain is occurring. The lidocaine numbs the area.

Do over-the-counter topical pain medications offer arthritis pain relief?

Over-the-counter topical pain medications may offer temporary relief from arthritis pain.

These topical preparations aren't intended to take the place of your arthritis medication and there's no evidence to suggest they can be helpful when used long term. However, you might find temporary relief from arthritis pain flares by using topical pain medications. Relying on these topical preparations more often may indicate that your arthritis is worsening or that medication prescribed by your doctor isn't working. Tell your doctor if your arthritis pain isn't being controlled.

Are these products safe for people with arthritis pain?

Over-the-counter creams and gels appear to be safe, though there are no data about long-term use for arthritis pain relief. Side effects may include burning or stinging where you apply the cream or gel. Some products may have a strong medicinal odor. **Products containing salicylates may not be safe if you are allergic to aspirin** or are taking blood thinners, so discuss this with your doctor first.

Carefully follow the directions on all product packaging. When using topical pain medications, be careful not to rub or touch your eyes until you've washed your hands thoroughly. Don't use these pain relievers on broken or irritated skin or in combination with a heating pad or bandage. Consult your physician concerning any sustained skin irritations or allergic reactions.

For additional information on Arthritis visit these sites on the worldwide web:

[Arthritis Foundation](#)

[WebMD Arthritis Health Center](#)

[CDC Arthritis Information](#)

[Medicine Net Arthritis Information](#)

[John Hopkins Arthritis Information](#)

[Mayo Clinic Topical Analgesic Information](#)

Why ArthArrest?

"THE ORIGINAL HORSE LINIMENT"

Many of you have called us requesting technical information and ingredient summary of our product **ArthArrest™**, we hope the above information as a quick reference guide will help you determine the best over-the-counter topical analgesic for your customers who are requesting such products. **We feel that ArthArrest™ is the best choice in this category on the market today.** We offer the most proven effective topical ingredient "Capsaicin" (0.025%) as well as "Methyl Nicotinate" (0.5%) in a base of specially prepared herbal extracts including lidocaine (this blend is trademarked as **Neurocaine™**) which will help reduce the itching and burning but will allow the active ingredients to continue to do their job. Our formula in the late 1990's, became one of the most popular topical analgesics on the market until the company was sold and the formula changed. We have now brought back this "original" formula and are experiencing the same meteoric rise in popularity that we originally did. If you have any questions please feel free to give us a call. We look forward to working with you and being able to offer your customers the best possible over-the-counter topical pain relief for Arthritis as well as other minor muscle aches and sprain injuries.

KEY2HEALTH, INC., Tampa, FL 33618

Makers of: **ArthArrest™ with Capsaicin and Neurocaine™ (containing Lidocaine)**

www.artharrest.com - 1-800-339-3301