

Procare Health launches Dolocare Flex: a new natural choice in the management of patients with joint pain

Procare Health launches Dolocare Flex, a new natural option supported by multiple clinical studies and presented as turmeric powder bio-optimization for the management of joint pain.

The consumption of analgesic drugs in Spain has grown by 79% in seven years and has put the health organizations on alarm. At the same time, the use of NSAIDs (Anti-Inflammatory No Steroids) for the treatment of osteoarthritis increases the risk of side effects.

One of the most important studies with Dolocare Flex is the COPRA study, which has been recently published in BMC Arthritis Research & Therapy.

Osteoarthritis is a complex disease with a higher prevalence in women than in men (30% of Spanish population). This is shown in the latest data obtained from the study EPISER 2016 of the Spanish Society of Rheumatology (SER). Age, female sex, and obesity are some of the most remarkable risk factors.

“Despite its social impact, osteoarthritis is perceived as an old people disease. But the reality is that it does not only affect older people. With the increase in life expectancy and the change towards society with a more active lifestyle (more sport, etc) cases of osteoarthritis begin to be detected in other younger risk groups such as athletes” – explained Dr. Josep Vergés, president and CEO of OAFI (Osteoarthritis Foundation International), the first worldwide foundation for people suffering osteoarthritis.

The origin and mechanism of osteoarthritis is generally unknown and therefore the goal of the treatment is to reduce pain, inflammation, and disease progression. This can be managed with non-pharmacological and pharmacological measures, depending on the severity. Also, doctors will prescribe analgesics, NSAIDs, opioids or even recommend surgery in a terminal stage.

The consumption of this type of drugs, such as opioids, has notably increased during the last 7 years and puts the health organizations on alert. Moreover, the consumption of NSAIDs or pain relievers such as paracetamol increases the risk of side effects that, ultimately, negatively impact on the quality of life of these patients.



Illustration 1. Dolocare Flex 60 capsules

“The reality of the arthritic patient that commonly uses pharmacological treatments chronically is that, although some of them are effective, the patient is exposed to the inconvenience that these can produce, such as, the gastrointestinal risk that exists with some drugs” – explained Dr. Jordi Monfort, chief of rheumatology service at Hospital del Mar in Barcelona.

In this sense, Procure Health, a laboratory with extensive experience in osteoarticular health and focused on search for natural therapeutic solutions based on scientific evidence, adds to its range of products the new Dolocare Flex. "Dolocare Flex is neither more nor less than bio-optimized turmeric. Turmeric is the root of the *Curcuma longa* plant, and it is used in the traditional way to relieve pain in the joints. The therapeutic potential of Turmeric resides in its active ingredient, curcumin. The mechanism of action of curcumin is supported by the more than 6,000 scientific publications in the last 5 years. *“Its action is anti-inflammatory and, as consequence, it reduces joint pain,”* explains Yann Gaslain, founding CEO of Procure Health.

The problem of turmeric is its low absorption. If it is not absorbed, it will hardly exert its action and will be quickly eliminated. *“One capsule of Dolocare[®] Flex is equivalent to 950g of curcuma, almost one kilogram of turmeric powder you buy in the supermarket”* explained Gaslain.

““We have multiple clinical studies with Dolocare[®] Flex in patients with osteoarthritis. One of the most important one is the COPRA study which has been published in a high impact scientific journal and accepted by EULAR (European Congress of Rheumatology) last year. This is one of our strongest point, which has been embraced by healthcare professionals like rheumatologists and traumatologists”

clarifies the CEO of Procure Health.

The COPRA study was done with 150 patients between 45 and 80 years old with moderate-severe knee osteoarthritis that are regular users of paracetamol and/or NSAIDs for pain management. They were evaluated after one and three months of

treatment with Dolocare[®] Flex. It was observed, in both visits, that Dolocare[®] Flex produce a significant reduction in pain and an improvement in their quality of life.

The most striking result of this study, apart from reducing pain, is the reduction of the consumption of NSAIDs during treatment. Almost half of the patients stopped taking NSAIDs, and consequently its adverse effects were reduced, showing the benefit of Dolocare[®] Flex in patients who use this medication chronically.

But clinical studies do not just focus on the efficacy of Dolocare[®] Flex in knee osteoarthritis pain, which is the most common, they demonstrated the same results in other joints such as shoulders, hips, hands, spine, or neck.

Procure Health was present at the XLV Congress of the Spanish Society of Rheumatology held in Valencia on May 2019 and at the annual EULAR congress on June 2019 in Madrid. Dolocare[®] Flex will participate in the next congress for patients by OAFI in Barcelona and in the XXIV SEIOOM (Spanish Society for Bone Research and Mineral Metabolism) Congress.
