

### GLUCOSAMINA E CONDROITINA PER LA SALUTE ARTICOLARE

SONJA BELLOMI

Fondazione ITS Biotecnologie e Nuove Scienze della Vita Piemonte | Italia

#### RIFERIMENTI BIBLIOGRAFICI

1. Int J Mol Sci. 2021 Nov 29;22(23):12920.  
Nutraceutical Approach to Chronic Osteoarthritis: From Molecular Research to Clinical Evidence  
Alessandro Colletti, Arrigo F G Cicero  
<https://pubmed.ncbi.nlm.nih.gov/34884724/>
2. Herbs and Natural Supplements, 4<sup>th</sup> Ed, Elsevier  
Lesley Braun, Marc Cohen  
<https://www.elsevier.com/books/herbs-and-natural-supplements-volume-2/braun/978-0-7295-4172-5>
3. Free Radic. Biol. Med. 1994, 16, 157–167.  
Effect of reactive oxygen species on the biosynthesis and structure of newly synthesized proteoglycans.  
Panasyuk, A.; Frati, E.; Ribault, D.; Mitrovic, D.  
<https://www.sciencedirect.com/science/article/abs/pii/0891584994901392?via%3Dihub>
4. Osteoarthritis Cartilage. 2010 Jun;18 Suppl 1:S7-11.  
Effects of chondroitin sulfate in the pathophysiology of the osteoarthritic joint: a narrative review  
J Martel-Pelletier, S Kwan Tat, J-P Pelletier  
<https://pubmed.ncbi.nlm.nih.gov/20399897/>
5. Arthritis Rheum. 2009 Mar;60(3):760-70.  
Chondroitin sulfate increases hyaluronan production by human synoviocytes through differential regulation of hyaluronan synthases: Role of p38 and Akt  
Maha David-Raoudi, Brigitte Deschrevel et al.  
<https://pubmed.ncbi.nlm.nih.gov/19248106/>
6. Evid Based Complement Alternat Med. 2007 Jun;4(2):219-24.  
Collagen Synthesis in tenocytes, ligament cells and chondrocytes exposed to a combination of Glucosamine HCl and chondroitin sulfate  
Louis Lippiello  
<https://pubmed.ncbi.nlm.nih.gov/17549239/>
7. Osteoarthritis Cartilage. 2012 Feb;20(2):127-35.  
A potential role of chondroitin sulfate on bone in osteoarthritis: inhibition of prostaglandin E<sub>2</sub> and matrix metalloproteinases synthesis in interleukin-1 $\beta$ -stimulated osteoblasts  
E Pecchi, S Priam, Z Mladenovic, M Gosset, A-S Saurel, L Aguilar, F Berenbaum, C Jacques  
<https://pubmed.ncbi.nlm.nih.gov/22179028/>
8. Adv Food Nutr Res. 2012;65:337-52.  
Biological activities of glucosamine and its related substances  
Isao Nagaoka, Mamoru Igarashi, Koji Sakamoto  
<https://pubmed.ncbi.nlm.nih.gov/22361198/>
9. Seminars in Arthritis and Rheumatism, Vol 49, Issue 3, December 2019, Pages 337-350  
An updated algorithm recommendation for the management of knee osteoarthritis from the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO)  
Olivier Bruyère et al.  
<https://www.sciencedirect.com/science/article/pii/S0049017219300435>

10. Arthritis Rheum 2007;56(7):2105–10.  
The efficacy of glucosamine sulfate in osteoarthritis: financial and nonfinancial conflict of interest.  
Reginster JY.  
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/art.22852>
11. Rheumatol Int. 2018 Aug;38(8):1413-1428.  
Effect of glucosamine and chondroitin sulfate in symptomatic knee osteoarthritis: a systematic review and meta-analysis of randomized placebo-controlled trials  
Mario Simental-Mendía, Adriana Sánchez-García et al.  
<https://pubmed.ncbi.nlm.nih.gov/29947998/>
12. Ann Rheum Dis 76:1537–1543 (2017)  
Pharmaceutical-grade chondroitin sulfate is as effective as celecoxib and superior to placebo in symptomatic knee osteoarthritis: the Chondroitin versus Celecoxib versus Placebo trial (CONCEPT).  
Reginster J-Y, Dudler J, Blicharski T, Pavelka K  
<https://ard.bmj.com/content/76/9/1537>
13. Ann Rheum Dis 70:982–989 (2011)  
Chondroitin sulphate reduces both cartilage volume loss and bone marrow lesions in knee osteoarthritis patients starting as early as 6 months after initiation of therapy: a randomised, double-blind, placebo-controlled pilot study using MRI  
Lukas Martin Wildi et al.  
<https://ard.bmj.com/content/70/6/982>
14. Arthritis Rheumatol. 2017 Jan;69(1):77-85.  
Combined Treatment With Chondroitin Sulfate and Glucosamine Sulfate Shows No Superiority Over Placebo for Reduction of Joint Pain and Functional Impairment in Patients With Knee Osteoarthritis: A Six-Month Multicenter, Randomized, Double-Blind, Placebo-Controlled Clinical Trial  
Jorge A Roman-Blas , Santos Castañeda et al.  
<https://pubmed.ncbi.nlm.nih.gov/27477804/>
15. Ann Rheum Dis 74:851–858 (2015)  
Glucosamine and chondroitin for knee osteoarthritis: a double-blind randomised placebo-controlled clinical trial evaluating single and combination regimens  
Marlene Fransen et al.  
<https://ard.bmj.com/content/74/5/851>
16. JAMA 2018;320 (24):2564–79.  
Association of pharmacological treatments with long-term pain control in patients with knee osteoarthritis: a systematic review and meta-analysis.  
Gregori D, Giacobelli G, Minto C, Barbetta B, Gualtieri F, Azzolina D, et al.  
<https://jamanetwork.com/journals/jama/fullarticle/2719308>
17. Osteoarthritis Cartilage. 2013;21(1):22–7.  
Equivalence of a single dose (1200 mg) compared to a three-time a day dose (400 mg) of chondroitin 4&6 sulfate in patients with knee osteoarthritis. Results of a randomized double blind placebo controlled study.  
Zegels B, Crozes P, Uebelhart D, Bruyere O, Reginster JY.  
[https://www.oarsijournal.com/article/S1063-4584\(12\)00992-2/fulltext](https://www.oarsijournal.com/article/S1063-4584(12)00992-2/fulltext)
18. Semin Arthritis Rheum. 2016 Feb;45(4 Suppl):S12-7.  
Efficacy and safety of glucosamine sulfate in the management of osteoarthritis: Evidence from real-life setting trials and surveys  
Olivier Bruyère, Roy D Altman, Jean-Yves Reginster  
<https://pubmed.ncbi.nlm.nih.gov/26806187/>