



## Study: Ozempic and Wegovy Relieve Knee Osteoarthritis Pain

### Description

The drug semaglutide, known as Ozempic for diabetes and Wegovy for weight loss, helped relieve knee pain in obese people with osteoarthritis. A big study showed this.

Some experts were surprised by how well it worked. Dr. Bob Carter said the pain decreased by almost 50%, which is a lot. Dr. David T. Felson added that it's even better than other treatments, like knee surgery.

The study was published in the New England Journal of Medicine. Knee osteoarthritis is common in adults over 45, especially in those who are obese. This is because extra weight puts pressure on the knee and causes inflammation that damages cartilage.

There are not many good treatments for knee arthritis. Doctors usually recommend over-the-counter pain medications like acetaminophen or ibuprofen, even though long-term use can harm important organs.

### Vocabulary List:

1. **Osteoarthritis** /ˌɑːsti.əʊ.ɑːˈθraɪ.tɪs/ (noun): A degenerative joint disease characterized by the breakdown of cartilage and underlying bone.
2. **Inflammation** /ˌɪn.fləˈmeɪ.ʃən/ (noun): The body's response to injury or infection characterized by redness heat swelling and pain.
3. **Cartilage** /ˈkɑːr.tɪ.lɪdʒ/ (noun): A firm flexible connective tissue found in various parts of the body.
4. **Medications** /ˌmedɪˈkeɪʃənz/ (noun): Substances used for medical treatment especially pharmaceuticals.
5. **Relieve** /rɪˈliːv/ (verb): To cause (pain distress etc.) to become less severe.
6. **Obese** /oʊˈbiːs/ (adjective): Having an excessive amount of body fat; seriously overweight.

## Comprehension Questions

### Multiple Choice

1. What is the drug semaglutide known as for diabetes?

Option: Ozempic

Option: Wegovy



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Option: Metformin

Option: Insulin

2. Who mentioned that the pain decreased by almost 50% due to the drug semaglutide?

Option: Dr. Bob Carter

Option: Dr. David T. Felson

Option: Dr. John Smith

Option: Dr. Emily Davis

3. In which journal was the study on the drug semaglutide published?

Option: New England Journal of Medicine

Option: Journal of Clinical Diabetes

Option: Journal of Orthopedic Surgery

Option: International Journal of Obesity

4. What is a common condition in adults over 45 that can lead to knee osteoarthritis?

Option: Obesity

Option: Diabetes

Option: Hypertension

Option: Asthma

5. What is often recommended by doctors for knee arthritis treatment?

Option: Acetaminophen

Option: Antibiotics

Option: Antidepressants

Option: Antacids

6. What can cause damage to cartilage in the knee due to excess pressure?

Option: Inflammation

Option: Vitamin deficiency

Option: Dehydration

Option: Hypertension

### **True-False**

7. Semaglutide is known as Wegovy for weight loss.

8. Dr. David T. Felson mentioned that knee surgery is a better treatment than semaglutide for knee pain.



9. Knee osteoarthritis is more common in young adults under 30.
10. Long-term use of pain medications like ibuprofen can harm important organs.
11. Excess weight can put pressure on the knee and cause inflammation.
12. There are many effective treatments available for knee arthritis.

### Gap-Fill

13. Dr. Bob Carter mentioned that the pain decreased by almost \_\_\_\_\_ % due to semaglutide.
14. Knee osteoarthritis is common in adults over \_\_\_\_\_ years old.
15. Doctors usually recommend over-the-counter pain medications like acetaminophen or ibuprofen, even though long-term use can harm important \_\_\_\_\_.
16. Knee osteoarthritis is caused by extra weight putting pressure on the knee and causing \_\_\_\_\_.
17. The drug semaglutide is known as Ozempic for \_\_\_\_\_.
18. The study on the drug semaglutide was published in the \_\_\_\_\_ Journal of Medicine.

### Answer

**Multiple Choice:** 1. Ozempic 2. Dr. Bob Carter 3. New England Journal of Medicine 4. Obesity 5. Acetaminophen 6. Inflammation

**True-False:** 7. True 8. False 9. False 10. True 11. True 12. False

**Gap-Fill:** 13. 50 14. 45 15. organs 16. inflammation 17. diabetes 18. New England

### Vocabulary quizzes



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**Multiple Choice ( Select the Correct answer for each question. )**

1. Which medical condition is characterized by the degeneration of joint cartilage and the underlying bone?  
Option: Osteoarthritis  
Option: Inflammation  
Option: Obesity  
Option: Protein Intake
2. Which nutrient is essential for tissue repair and muscle building?  
Option: Protein  
Option: Cartilage  
Option: Activity  
Option: Harmful
3. What can trigger cravings and influence food intake?  
Option: Cues  
Option: Relieve  
Option: Consumption  
Option: Surrogacy
4. Which type of pasta sauce is typically creamy and rich?  
Option: Casserole  
Option: Alfredo  
Option: Spinach  
Option: Roasted
5. What can increasing protein intake do for muscle growth?  
Option: Reducing  
Option: Boost  
Option: Terminated  
Option: Unreliable
6. Which family-building method involves a woman carrying a child for another individual or couple?  
Option: Experience  
Option: Surrogacy  
Option: Unexpected  
Option: Agency
7. What serves as a cushion between bones to prevent them from rubbing together?  
Option: Inflammation  
Option: Protein Intake  
Option: Cartilage



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Option: Activity

8. What plays a key role in maintaining joint health and mobility?

Option: Harmful

Option: Reductions

Option: Activity

Option: Cravings

9. What do certain medications aim to do for individuals with chronic pain?

Option: Obese

Option: Protein

Option: Intake

Option: Relieve

10. What is a substance that provides nourishment essential for growth and the maintenance of life?

Option: Consumption

Option: Nutrient

Option: Cues

Option: Appealing

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ can contribute to joint pain and swelling in osteoarthritis.

12. What are commonly prescribed to help \_\_\_\_\_ symptoms of osteoarthritis?

13. Being \_\_\_\_\_ can increase the risk of developing osteoarthritis.

14. Excessive consumption of unhealthy foods can be \_\_\_\_\_ to joint health.

15. Monitoring food \_\_\_\_\_ is important for overall health.

16. Healthy food choices can still be delicious and \_\_\_\_\_ to the taste buds.

17. \_\_\_\_\_ stress on joints through proper exercise can help manage osteoarthritis.

18. \_\_\_\_\_ vegetables can be a nutritious addition to one's diet.

19. Eating protein-rich foods can help \_\_\_\_\_ muscle development.

20. The surrogacy agreement was unexpectedly \_\_\_\_\_ by the agency.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The smooth shiny tissue known as ensures that bones move smoothly against each other.
22. Regular physical can help reduce the risk of osteoarthritis and improve joint function.
23. Athletes often increase their intake to support muscle repair and growth.
24. Water is an essential that plays a crucial role in various bodily functions.
25. The process of involves one woman carrying a child for another individual or couple.
26. Chronic joint can lead to tissue damage and further degeneration in osteoarthritis patients.
27. Increasing vitamin intake can the immune system's ability to fight off infections.
28. The facilitated the surrogacy process and matched the intended parents with a suitable surrogate.
29. Going through the surrogacy journey was an emotional and unique for both the intended parents and the surrogate.
30. A creamy pasta sauce like can be a decadent treat for pasta lovers.

## Answer

**Multiple Choice:** 1. Osteoarthritis 2. Protein 3. Cues 4. Alfredo 5. Boost 6. Surrogacy 7. Cartilage 8. Activity 9. Relieve 10. Nutrient

**Gap-Fill:** 11. Inflammation 12. Medications 13. Obese 14. Harmful 15. Consumption 16. Appealing 17. Reducing 18. Roasted 19. Boost 20. Terminated

**Matching sentence:** 1. Cartilage 2. Activity 3. Protein 4. Nutrient 5. Surrogacy 6. Inflammation 7. Boost 8. Agency 9. Experience 10. Alfredo

## CATEGORY

1. Health - LEVEL2

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