

Table 2 Summary of Results in Chondroitin Sulfate Trials

Author(s)	Year	No. of Patients	Follow-up Period	Complications	Results
Rovetta 26	1991	40	25 wk	None (drug "well tolerated")	Higher therapeutic effect on all symptoms of osteoarthritis
Oliviero et al 27	1991	200	6 mo	3% "mild" adverse effects	Considerable improvement in both pain and mobility
Morreale et al 28	1996	146	3 mo	Few, minor	NSAIDs gave prompt reduction of clinical symptoms, but symptoms reappeared at the end of treatment; benefits of chondroitin sulfate appeared later but lasted for up to 3 months after end of treatment
Bourgeios et al 29	1998	127	3 mo	No major events	Significant ($P < 0.01$) reduction in joint pain with both doses vs placebo
Bucsi and Poór 30	1998	80	6 mo	Few, minor (1 G upset)	43% reduction in joint pain vs 3% in control group
Uebelhart et al 31	1998	42	1 yr	None (drug "well tolerated")	Decreased joint pain and improved overall mobility; also stabilized mediafemorotibial joint width
Verbruggen et al 32	1998	119	3 yr	Not documented	Radiographic demonstration of decrease in number of patients with "new" erosive finger-joint osteoarthritis (8.8% vs 29.4%)