

# Glucosamine in osteoarthritis: long-term effectiveness

<b>Submission date</b> 14/01/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 08/03/2005	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 22/02/2008	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

## Study information

**Scientific Title**

**Acronym**  
GOAL

## **Study objectives**

Pharmacological treatment for osteoarthritis (OA) can be divided into two groups: symptom-modifying drugs and disease-modifying drugs. Symptom-modifying drugs are currently the prescription of choice for patients with OA, as disease-modifying drugs are not yet available in usual care. However, there has recently been a lot of debate about glucosamine sulphate (GS), a biological agent that is thought to have both symptom-modifying and disease-modifying properties. This assumption has yet to be proved. This blind randomised clinical trial examines the long-term symptom-modifying and disease-modifying effectiveness of GS in patients with hip OA.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Trial approved by the Medical Ethics Committee at the Erasmus MC - University Medical Centre Rotterdam.

## **Study design**

Randomised, blinded, placebo-controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Osteoarthritis

## **Interventions**

Patients are randomised to either 1500 mg of oral glucosamine sulphate or a placebo daily for the duration of two years.

## **Intervention Type**

Drug

## **Phase**

Not Specified

## **Drug/device/biological/vaccine name(s)**

Glucosamine

## **Primary outcome(s)**

The primary outcome measures, which are joint space narrowing (JSN), and change in the pain and function score of the Western Ontario McMaster Universities Osteoarthritis index (WOMAC), are determined at baseline and after two years of follow-up during the final assessment. Intermediate measures at three-month intervals throughout the trial are used to study secondary outcome measures.

## **Key secondary outcome(s)**

Secondary outcome measures are changes in WOMAC stiffness score, quality of life, medical consumption, side effects and differences in biomarker CTX-II.

**Completion date**

31/03/2006

## Eligibility

**Key inclusion criteria**

Patients are eligible for participation when they meet one of the American College of Rheumatology (ACR) criteria for osteoarthritis of the hip.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Patients that have already undergone hip replacement surgery
2. Patients on the waiting list for hip replacement surgery
3. Patients that have a Kellgren-Lawrence score of 4
4. Patients with renal or hepatic disease or diabetes mellitus or a disabling co-morbidity

**Date of first enrolment**

01/10/2003

**Date of final enrolment**

31/03/2006

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

Department of General Practice, room Ff320

Rotterdam

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# Sponsor information

## Organisation

Erasmus Medical Centre (The Netherlands)

## ROR

<https://ror.org/018906e22>

# Funder(s)

## Funder type

Hospital/treatment centre

## Funder Name

Erasmus Medical Centre (The Netherlands) - Breedtestrategie

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Results	19/02/2008		Yes	No
<a href="#">Protocol article</a>	Study protocol	26/04/2005		Yes	No