

Research Roundup

Freshman 15: Fact or Fiction?

A study published recently in the *Journal of Behavioral Sleep Medicine* revealed bad sleeping habits may be the real culprit behind the infamous “Freshman 15” and not necessarily dorm food and alcohol.



Researchers asked 132 freshman at Brown University to keep sleep diaries and track their weight for nine weeks. During the study, more than one-half of the students packed on nearly six pounds and averaged a little more than seven hours of sleep per night with lights out about 1:30 a.m. The students' late bedtimes also could be a contributing factor according to another study in the journal, *Sleep*, that linked increased body mass with late bedtimes.

According to the Brown University researchers, the student diaries also showed participants awoke at different times every morning; particularly male students whose wake times varied by an average of as much as two and one-half hours. While most students probably seize the opportunity to sleep in on days their classes don't start until noon, fluctuating wake times could be harmful. Experts say waking up around the same time every day, even on weekends, sets the body up for success by keeping “internal clocks” regulated. The National Sleep Foundation recommends eight to ten hours of sleep for teens.

While the Brown research correlates findings from other studies, more decisive research is necessary. However, it does spotlight the poor health habits young adults can develop when they live on their own for the first time. Instilling more regulated sleep habits in students *before* they go to college may be a good way to help avoid those extra pounds.

Your iPhone could save your life

If you own an iPhone or newer model with an iOS 8 or higher operating system, it just might save your life. The phone’s software includes a new feature, an app called Health, that allows users to keep track of things like nutrition, sleep and body measurements. It also comes with a built-in emergency information storage space—much like a medical ID—that lets iPhone users store data that can help paramedics and emergency room personnel make important decisions about an individual’s immediate care when they cannot speak for themselves. The app can store:



Health

- Birth date
- Medical conditions
- Allergies and reactions
- Medications
- Emergency contacts
- Blood type
- Organ donor specification
- Height and weight

iPhone users can enter their personal data into Medical ID by accessing the Health application. Once entered, the information can be viewed by clicking the Emergency button on the lock screen. If there isn't a passcode and lock screen set up on the phone, Medical ID can be opened by once again clicking the Health application.

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Is 30 minutes of exercise a day enough?

Thirty minutes a day of moderate-intensity exercise may not be enough to ward off heart disease, according to researchers the University of Texas Southwestern Medical Center who studied how much physical activity is needed to effectively lower the risk of heart disease. They analyzed 12 studies involving more than 370,000 people who kept track of their exercise habits for 13 years.



According to the report, individuals who exercised the government-recommended 150 minutes of moderate exercise each week—the equivalent of 30 minutes of walking at a moderate speed five times a week—lowered their heart failure rate ten percent compared to those who did not exercise at all. Significant reduction rates were not reached—more than 30 percent—until individuals exercised at four times the recommended rate. Men and women benefited equally from exercise.

Although the research supports the well known link between physical activity and coronary heart disease prevention, it also suggests the amount of exercise could be even more important part in decreasing the risk of heart failure raising the question, are the current exercise guidelines appropriate?



Dietary supplements, vitamins and energy drinks contributing to overdoses

A study conducted by the U.S. Centers for Disease Control and Prevention published in *New England Journal of Medicine* found that more than 23,000 people wind up in emergency departments each year from the adverse effects of consuming dietary supplements that appeared harmless. Researchers noted most of the emergency department visits involved weight-loss or energy-boosting products. In some situations, the products sending people to the

hospital were vitamins or herbal supplements they were taking to improve their health.

One contributing factor researchers noted was that the U.S. Food and Drug Administration does not regulate dietary supplements for safety and effectiveness the way it regulates over-the-counter and prescription medications. Therefore, it is very difficult to know what ingredients are in the products that can cause problems or react with other prescription medications. Some of the symptoms of herbal supplement overdose include heart palpitations or a racing heart, dizziness, anxiety and/or nervousness leading researchers to recommend people talk to their physician before taking any supplement or vitamin.

Researchers said the study also suggests older adults sometimes experience swallowing difficulties when taking dietary supplements. Another problem is unsupervised children ingesting them because adults don't consider dietary supplements as harmful so they don't take the same storage precautions they would take with prescription medication.

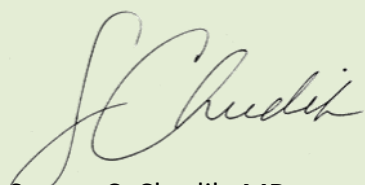
Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation helps people stay fit and healthy

Steven Chudik, orthopaedic surgeon and sports medicine physician with the Steven Chudik Shoulder and Knee Injury Clinic, founded the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF) in 2007. OTRF is a nonprofit, 501 (c)(3) organization dedicated to funding research and education for the purpose of keeping people active and healthy.

Dr. Chudik has seen a growing demand by patients, athletic trainers and clinicians for up-to-date medical information and unbiased research on injury prevention—especially for children—as well as facts on arthritis and wear and tear on joints, cartilage, tendons, ligaments, etc. To fulfill these requests, OTRF produces and distributes this newsletter, shares information about health performance-related issues like nutrition and fitness, hosts athletic training educational programs, conducts seminars for healthcare providers and the community and most important, funds unbiased research and development particularly in emerging areas such as arthroscopic and minimally invasive surgery for injuries to the meniscus, labrum, rotator cuff, ACL and cartilage.

However, none of this is possible without ongoing financial support. We are extremely grateful to all those who have contributed in the past. Many of the donations came from patients or their family members who benefited from Dr. Chudik's orthopaedic and sports medicine expertise. If you might be interested in helping us continue our research, please visit our website, otrffund.org and click on the donation link. Or, if you prefer, email me at contactus@chudikmd.com. Also, many companies sponsor programs that match charitable contributions made by their employees. Some even match donations made by retirees and/or spouses. Matching gift programs are a great way to double your generosity. Regardless of the amount, every contribution helps make a difference.

Thank you for your interest in our newsletter, *Active Bones*, and the ongoing work of OTRF.



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