

Research Roundup

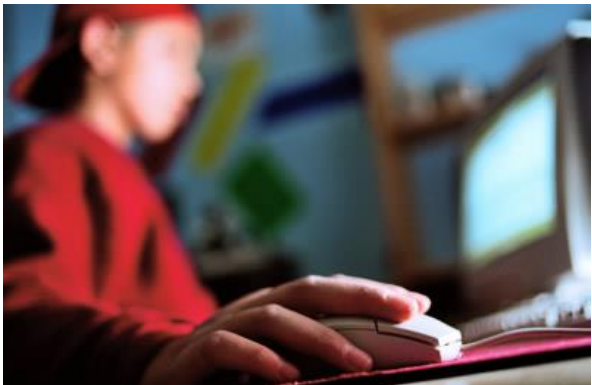
Osteoarthritis and fish oil?

According to recent research published in *The American Journal of Orthopaedics*, there's something fishy about the benefits of treating osteoarthritis (OA) with fish oil. United States 2005 census data, the most recent available, shows osteoarthritis is the leading cause of disability affecting more than 50 million people. Current treatments target inflammation that occurs from the destruction of articular joint cartilage.



Lead researcher, Dr. C. Thomas Vangsness, professor of orthopaedic surgery and chief of sports medicine at University of Southern California Keck School of Medicine, explained they reviewed all relevant literature and laboratory studies related to omega-3 containing supplements and its effect on OA. Based on their findings, they could not recommend supplementation to patients because of insufficient clinical studies. "There remains a need for significant, well-designed clinical trials to evaluate the efficacy, safety and clinical parameters of omega-3 fatty acids in a standardized form before they can be in good faith recommended to patients with OA," he wrote.

Based on their research, they also noted that "a lack of federal regulation of the supplement industry hinders conducting generalizable student regard medical benefit in a regulated and verified dose and form. This is important because omega-3 fatty acids have been found to increase the risk of bleeding, especially if a person is taking blood thinners such clopidogrel (Plavix), warfarin (Coumadin), or aspirin.



Teens' elevated BP linked to Internet use

Teens spending at least 14 hours a week online are more likely to have elevated blood pressure according to a study published in *The Journal of School Nursing*. The study analyzed 335 teens ages 14 to 17 on their Internet use as well as other information, including a blood pressure taken during a physical exam. Of the 134 teens described as "heavy Internet users," 26 had unusually high blood pressure.

The researchers found that the heavy users were on the Internet an average of 25 hours per week of which 43 percent were boys compared to 39 percent of girls. Also 43 percent of the heavy Internet users were considered overweight compared to 26 percent of light Internet users.

The findings add to the growing list of other research results showing an association between heavy Internet use and other health risks such as addiction, attention issues, anxiety, depression and obesity.

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Peanut butter now satisfies more than hunger

If you thought you closely monitored your child's daily consumption of caffeine, you better check that peanut butter and jelly sandwich in their lunchbox. According to a report on the Food Network, a new caffeinated peanut butter called Steem is available and promises a "smoother, more sustained release of energy than coffee" because it takes longer to digest peanut butter. The manufacturer also claims you can get your buzz "without the jittery feeling that other food items produce making it perfect not only for athletes and active people, but also everyday life."



Dr. Steven Chudik, board certified orthopaedic surgeon, sports medicine specialist and founder of OTRF, cautions anyone using caffeine as an energy boost. "Research continues to show the negative and even adverse side effects of consuming caffeine, especially when you do not regularly drink coffee or other caffeinated beverages," said Dr. Chudik. "This is particularly important because peanut butter is more often consumed by children and they could easily and unknowingly consume it if it is in their home." Also of concern is the warning from the peanut butter's manufacturer to keep it away from dogs, cats and birds because they cannot digest caffeine properly and if eaten it can lead to serious health issues.

30 minutes of exercise a day not sufficient to lower heart disease risks



A new study from the University of Texas Southwestern Medical Center discovered 30 minutes of moderate intensity exercise may not be enough to ward off heart disease. According to lead researcher, Dr. Jarette Berry, cardiologist, researcher and medical school professor, they studied how much physical activity is needed to effectively lower the risk of heart disease. "We didn't start seeing 30 to 40 percent reduction in risk until people were out at three to four times the recommended amount of exercise (450 to 600 minutes)," Dr. Berry explained.

To arrive at their conclusion and recommendation to exercise longer than 30 minutes a day, the research team analyzed 12 studies involving more than 370,000 individuals who tracked their exercise habits for 13 years. So don't be surprised if during your next doctor's appointment that you are told to increase your daily 30-minute regiment to an hour, or until you reach 10,000 steps.


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, otrfund.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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