

## Research Roundup

### How old are your athletic shoes?

While you are spring cleaning, consider replacing your athletic shoes. According to research published in the British Journal of Sports Medicine, wearing the wrong shoe, or worn out shoes can contribute a foot injury.



Researchers concluded there is a reliable and scientifically valid way to choose the correct running shoe, but because it is so easy, people often ignore it. After reviewing decades of studies about running injuries, shoes and their relationship, researchers concluded shoes need to be chosen for comfort and not because of pronation control or impact forces.

“Our finding makes scientific and common sense,” the lead researcher said. “Our bodies are actually very good judges of how each of us should move and run. When we ignore or fight our bodies natural movement pattern, such as by trying to control pronation, the risks for injury increase,” he added.

The American Academy of Pediatric Sports Medicine also has some tips to help decide when to replace your shoes and suggestions to help them last longer.

- Keep track of your miles. Shoes should be replaced after running or walking 300 to 500 miles, or playing 45 to 60 hours of basketball or tennis.
- If you see wear and tear, replace them, or if they do not rest evenly on a flat surface, replace them.
- Buy two pair at the same time and rotate usage.
- Purchase your shoes from a specialty store where you will have the greatest variety and selection options. Also, so you can be properly measured and fit.
- Use your shoes for what they are intended—sports and/or exercise. Casual wear can affect the cushioning and fabric, not to mention shortened their “useable life.”



### Calcium, Vitamin D supplements may not reduce fracture risks in older adults

Research published in The Journal of the American Medical Association suggest the use of calcium and/or Vitamin D supplements may not reduce the risk of fractures for older adults. The meta-analysis and review of 33 randomized trials covering 51,145 adults age 50 or older compared the results of a placebo or no supplementation with those individuals taking the recommended calcium and/or Vitamin D supplement dosages. They found the supplements had no significant association with the risk of incidences of fractures of any type. Based on their findings, they could not justify the use of calcium or Vitamin D for older adults to lower the risk of fractures. However,

if you take these supplements, Dr. Steven Chudik recommends talking with your primary physician before discontinuing use of the supplements because there may be other health reasons to continue taking them.

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### FDA officially bans 19 chemicals used in OTC antibacterial soaps



In the Fall 2016 issue of *Active Bones*, we reported the U.S. Food and Drug Administration (FDA) was reviewing over-the-counter consumer antiseptic wash products containing at least one of 19 specific active ingredients, including triclosan and triclocarban. At that time, the FDA could not find supporting research to show that over-the-counter (OTC) antibacterial soaps are better at preventing illness than washing with plain soap and water. This past December, the FDA made it official banning the use of triclosan, triclocarban and 17 other chemicals in hand and body washes which have been marketed as being

more effective than simple soap. Furthermore, they require any product containing those ingredients to file new drug applications. Companies have one year to eliminate these ingredients from their products or remove them from the market. The ban only applies to consumer products, not to antibacterial products used in medical and food service settings.

Many companies started phasing out the ingredients after the FDA's first rule change in 2013 requiring companies to provide data on products' safety and effectiveness. As replacements, companies started using one of three other chemicals—benzalkonium chloride, benzethonium chloride or chloroxylenol (PCMX). The FDA has given companies another year to provide data on their safety and effectiveness.

For consumers, Theresa M. Michele, MD, of the FDA's Division of Nonprescription Drug Products said, "Following simple hand washing practices is one of the most effective ways to prevent the spread of many types of infection and illness at home, at school and elsewhere. We can't advise this enough. It's simple, and it works."

The Centers for Disease Control and Prevention (CDC) remind consumers that it takes more than soap to help prevent the spread of infections and provides these reminders:

- Wash your hands with soap for a full 15 to 20 seconds, or as long as it takes to sing "Happy Birthday" twice at normal speed.
- Wash your hands every time you use the restroom, handle garbage, before eating and preparing food, or touched surfaces in public areas such a stair/escalator rails, workout equipment, door handles, and any surface others routinely touch or handle.
- Dry your hands completely. If you only dry them part way, you can leave germs on your hands as they thrive in moisture. This includes remembering to dry between your fingers.
- Avoid touching bathroom surfaces. After you've washed your hands use a clean towel to turn off the water and open the door of public restrooms and your own home to prevent spreading germs if a family member is sick.

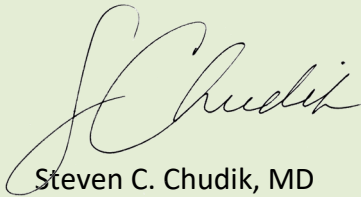
## Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation helps people stay fit and healthy

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 you might be interested in helping us continue our educational programs and research, please visit our website, [otrfund.org](http://otrfund.org) and click on the donation link. Or, if you prefer, email me at [contactus@chudikmd.com](mailto:contactus@chudikmd.com)/. Also, many companies sponsor programs that match their employees' charitable contributions. 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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