

Collected Notes, Summaries, Resources, & References for a Natural Approach for Arthritis

[Edited by Chris Pringer, 1/7/16]

Set 3

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[===][A Summary of Natural Anti-Inflammatories]

From the "Principles Of Natural Healing" page, Nov'11, Jan'16

<<http://www.chalicebridge.com/Sci-HealthFul-Lvg.html>>

"Anti-Inflammatory" or "Anti-inflammation" are good keywords when combined with "Herbal", "Natural", and so on. Including in those old herb books collecting dust on the shelf. Along that line, know that some health food stores will find how to order herbs (etc) that they don't keep on the shelf. You don't hear much about (anti-inflammatories for connective tissue) **'Wild Lettuce' or 'Willow Bark'** anymore (with salicylic acid, similar to that in aspirin, is more gentle on the stomach and is just as effective in pain management as NSAID rofecoxib). **Devil's claw** is used especially for Arthritis. Dee Cee Labs puts out a good combo ("**Formula 303**")- with valerian (6parts), passiflora(3parts), and magnesium(1parts). \$12-13ea [Cost if order 18: 144/18=\$8 ~cp]

* **Apple-Cider Vinegar** (especially the unpasteurized) alkalizes the blood and so encourages the cells to dump their toxins - always a good thing, as is **Silymarin** for keeping the Liver processing that. B-Complex helps with muscle relaxation.

* Actually, I've put together a great "**Anti-InFlam Drink**": In a glass of water: **2 Tbsp each of Apple Cider Vinegar, lemon juice, favorite Juice, w/1Tsp~ Vitamin C powder**. Take w/ a selection of herbs and lecithin capsules and Vitamin E - the oil-based guys slow down the process a little (useful for the B-Complex), allows for a good synergistic assimilation. Well, that's my theory for it, and it worked for me. Including some Bromelain, which is said to be a proteolytic digestive and so clears excess scar tissue, adhesions, if doesn't get used for digesting protein in the GI Tract.

* **Dried Ginger** is anti-inflammatory as well stimulating to the circulation- and yummy if you like a little heat). Sweet potatoes (like pumpkins) have many and anti-inflammatory agents as well as

antioxidants (especially if you can find it palatable with less dairy and sugar - since both acidify the colon and blood).

* **Turmeric** is anti-inflammatory, antibiotic, and anti-oxidant - Aryurvedic medicine employs a milk made from it! As well as boswellia. And "Ashwaganda Extract 5:1 200 mg: Asgawanda, or Indian Ginseng, which is strongly anti-inflammatory with consequent anti-arthritic properties also.

* **Curcumin, only found in turmeric:** Despite millions spent on drug research and development, one of the more promising treatments for Alzheimer's disease (a progressive brain disorder that affects more than 5 million Americans) is found in a substance widely known for its ability to spice (and color) food. The compound curcumin, only found in turmeric, is a widely used spice found in Indian food, and is also popular in the cuisines of other South Asian countries like Nepal, Iran and Thailand. The bright yellow spice is familiar to fans of curry dishes, but it has been used in other preparations as well. For centuries, it has been used in Asian medicine.

Preliminary clinical studies show curcumin helps reduce beta amyloid plaque in the brains of people with Alzheimer's (and prevent plaque buildup in people who don't have the disease). Alzheimer's isn't the only condition that might be affected by the brightly-colored spice: Curcumin has been proven to be an extraordinarily potent antioxidant and anti-inflammatory compound. These properties make it effective for cancer (prevention and treatment), arthritis, liver disease, irritable bowel syndrome, depression, and many other health issues all demonstrated in clinical studies. <<http://healthfreedom.org/indian-spice-reduces-alzheimers-symptoms-by-30/>>

* **Ashwaganda Extract 5:1 200 mg:** Asgawanda, or Indian Ginseng, is a revered rejuvenation herb in Ayurveda and is used to support adrenal function through its sedating effect while it helps to restore normal digestive and nervous system function. It is also strongly anti-inflammatory with consequent anti-arthritic properties as well. <http://www.vitalnutrients.net/hq_handouts2.asp?VitaminName=Adrenal%20Support>

* **Magnesium:** Naturopaths have more recently found Magnesium supplements to be the answer to many muscle and joint related complaints, with concentrated liquid supplements often working fast for cramps. There are a couple of very good brands making these available at health food stores. **CAUTION:** There are some conditions and incompatibility with certain meds for which high doses of magnesium may cause trouble - ask your physician if in doubt. You can also check "Natural Practitioner" magazine's library database for (find & click on "magnesium" at) foods, herbs, supplements for an amazing amount of detail on that. <<http://www.naturalpractitionermag.com>>

* **Vitamin C powder:** Vitamin C at a dose of 1000 mg, taken four times a day between meals, is a very potent anti-inflammatory and should be taken in a buffered form, not as ascorbic acid. ...

* **Vitamin D:** 1000 IU/day - Vitamin D exerts natural anti-inflammatory activity, which may help reduce joint discomfort. [See Arthritis Set 2 for more on Vitamin D dosage & cautions]

* **Sunflower oil** is derived from the seed of the sunflower plant (*Helianthus annuus*). It has been used on the outside of the body as an anti-inflammatory and pain reliever and has also been taken by mouth to relieve constipation and ulcers and to treat infection.

* **Proanthocyanols:** grape seed and pine bark extracts maintain proper capillary permeability which curbs bruising, severity of sports injuries, and risk of phlebitis. They have a potent anti-inflammatory effect due to their free-radical scavenger potential. [See Arthritis Set 2 for more on these]

* **Willow Bark:** A natural anti-inflammatory, willow bark contains salacin, a chemical similar to acetylsalicylic acid found in aspirin. According to the University of Maryland, there's good evidence that willow bark both relieves pain and reduces inflammation. It's especially useful to treat headaches, osteoarthritis, and low back pain.

* **The omega-3 fatty acids** act as a natural anti-inflammatory.

* **DMSO** stops muscle and joint pain in seconds. It's known and used by veterinarians and many MD's use themselves, but cannot prescribe it to their patients. It is non-toxic, and it works!" says Phil Bate, PhD (@LinkedIn)

[===] ===[Article Refs]

Chronic pain - 10-natural-remedies

Chronic pain affects an estimated 50 million Americans, according to the American Pain Foundation, and covers a wide range of illnesses, including arthritis. In addition to causing problems in a sufferer's personal life, the financial impact of chronic pain on professional lives is staggering.

Although there are numerous over-the-counter and prescription medications to fight pain, there are also safe, natural remedies that ease pain without debilitating side effects. They include: Willow Bark. A natural anti-inflammatory, willow bark contains salacin, a chemical similar to acetylsalicylic acid found in aspirin. According to the University of Maryland, there's good evidence that willow bark both relieves pain and reduces inflammation. It's especially useful to treat headaches, osteoarthritis, and low back pain. <<http://healthfreedom.org/10-natural-remedies-that-fight-chronic-pain/>>

* Pain-fighting Foods: 7 superfoods that ease pain. Plus, tasty recipes by: Beth Howard | from: AARP The Magazine | May/June 2011 issue <<http://www.aarp.org/food/diet-nutrition/info-03-2011/pain-fighting-foods.html>>

* "Ease back pain with natural remedies" by Michele Borboa, MS, Posted in Health & Wellness / Aging <<http://www.sheknows.com/health-and-wellness/articles/808154/ease-back-pain-with-natural-remedies>>

* National Institute of Neurological Disorders and Stroke (NIH)
<http://www.ninds.nih.gov/disorders/chronic_pain/detail_chronic_pain.htm>

* Dr. Andrew Weil - Anti-Inflammatory Diet Tips
<<http://www.drweil.com/drw/u/ART02012/anti-inflammatory-diet>>

* An interesting article: "Essential Roles" for Proline, Glycine and Gelatin
<<http://www.westonaprice.org/foodfeatures/brothisbeautiful.html>>

* Abstract, Ryu M, Kim EH, Chun M, Kang S, Shim B, Yu YB, et al. Astragali Radix elicits anti-inflammation via activation of MKP-1, concomitant with attenuation of p38 and Erk. J Ethnopharmacol 2008 17;115:184-93.

* On Xanthones (advertising): Florida TV news story uncovers xanthones as a powerful, natural anti-inflammatory. Take 4 minutes to watch the video: <www.tinyurl.com/mke8t>. This botanical

reminds us of Hippocrates' advice in 43 B.C.E., "let food be thy medicine". Nancy & Paul Travis 206-910-2222 <www.Xanthone-Rx.com> **Generic form: astaxanthin.**

Inflammation related studies:

* **Naturally occurring phytochemicals for the prevention of Alzheimer's disease.** Kim J, Lee HJ, Lee KW., Journal of Neurochemistry. 112(6):1415-30, 2010. Curcumin, resveratrol, and green tea catechins have been suggested to have the potential to prevent Alzheimers Disease because of their anti-amyloidogenic, anti-oxidative, and **anti-inflammatory properties**. These phytochemicals also activate adaptive cellular stress responses and suppress disease processes. This review summarizes the targets of selected dietary phytochemicals that might slow the progression of Alzheimers Disease.

* **Phytochemicals and their impact on adipose tissue inflammation and diabetes.** Leisherer A, Mundlein A, Drexel H., Vascular Pharmacology. 58(1-2):3-20, 2013. Type 2 diabetes is an inflammatory disease and the mechanisms that underlie this disease take place in the fatty tissue of obese people. Foods such as saturated fats are believed to directly start the inflammatory process. There are also some natural foods and beverages that are associated with improving human health including spices such as curcumin, capsaicin, and gingerol or plant molecules including catechin, resveratrol, genistein, and quercetin due to their **anti-inflammatory effect**. This review gives an overview of plant constituents and their role in interfering with inflammation in fatty tissue.

* **Novel phytonutrient contributors to antioxidant protection against cardiovascular disease.** Riccioni G, Speranza L, Pesce M, et al., Nutrition. 28(6):605-10, 2012. This review examines the role plant nutrients, as anti-oxidants, play in **reducing inflammation** in the lining of the blood vessels. Several dietary phytonutrients (astaxanthin, lycopene, lutein, and glabridin) can decrease the risk for atherosclerosis by decreasing endothelial inflammation and oxidative stress. Consuming foods or dietary supplements that provide astaxanthin, lycopene, lutein, and glabridin may help decrease the risk for cardiovascular disease.

[===][from Blogs]

** Ginger Better than Drugs for Pain? New research in the Journal of Pain reports that ginger is an effective natural anti-inflammatory that helps reduce pain and inflammation.
<<http://www.care2.com/go/z/e/AgCLt/zK7h/s5aS>>

** "Computer Wrists:" Ginger Compress: Ginger is a natural circulatory stimulant and anti-inflammatory herb that has been used for centuries, both internally and externally, in folk medicine...
<<http://www.care2.com/greenliving/computer-wrists-ginger-compress.html>>

** from Health & Wellness: Anti-Inflammatory Turmeric Milk: Ayurvedic healers love turmeric for its anti-inflammatory, antibiotic, and anti-oxidant properties.
<<http://www.care2.com/greenliving/turmeric-milk.html>>

** from Health & Wellness: Nut Milk in a Minute: Almonds are members of the Rosaceae (Rose) Family and a relative of peaches, cherries and apples. They have anti-inflammatory, antispasmodic, demulcent [properties] <<http://www.care2.com/greenliving/nut-milk-in-a-minute.html>>

** from Conscious Consumer: Give Your Dog a Sweetie Pie!: Sweet potatoes (like pumpkins) are a superfood not only for humans, but for dogs as well. They are filled with antioxidants and anti-inflammatory properties... <<http://www.care2.com/go/z/e/AF0LI/zKUH/s5aS>>

** from Health & Wellness <<http://www.care2.com/greenliving/health-wellness>>
Anti-Inflammatory Diet 101 By Melissa Breyer, Senior Editor, Healthy & Green Living One year it's this diet trend, the next year it's that diet trend. <<http://www.care2.com/greenliving/anti-inflammatory-diet-101.html>>

[===][Receptors as Gateways for Pain Treatments]

The idea of using receptors as gateways for pain drugs is a novel idea, supported by experiments involving substance P. Investigators have been able to isolate a tiny population of neurons, located in the spinal cord, that together form a major portion of the pathway responsible for carrying persistent pain signals to the brain. When animals were given injections of a lethal cocktail containing substance P linked to the chemical saporin, this group of cells, whose sole function is to communicate pain, were killed. Receptors for substance P served as a portal or point of entry for the compound. Within days of the injections, the targeted neurons, located in the outer layer of the spinal cord along its entire length, absorbed the compound and were neutralized. The animals' behavior was completely normal; they no longer exhibited signs of pain following injury or had an exaggerated pain response. Importantly, the animals still responded to acute, that is, normal, pain. This is a critical finding as it is important to retain the body's ability to detect potentially injurious stimuli. The protective, early warning signal that pain provides is essential for normal functioning. If this work can be translated clinically, humans might be able to benefit from similar compounds introduced, for example, through lumbar (spinal) puncture.

Another promising area of research using the body's natural pain-killing abilities is the transplantation of chromaffin cells into the spinal cords of animals bred experimentally to develop arthritis. Chromaffin cells produce several of the body's pain-killing substances and are part of the adrenal medulla, which sits on top of the kidney. Within a week or so, rats receiving these transplants cease to exhibit telltale signs of pain. Scientists, working with support from the NINDS, believe the transplants help the animals recover from pain-related cellular damage. Extensive animal studies will be required to learn if this technique might be of value to humans with severe pain.

Acupuncture and adenosine receptors

One of the long-standing mysteries surrounding acupuncture is why the technique only seems to alleviate pain if needles are inserted at specific points. Nedergaard believes that most of these points are along major nerve tracks, and as such are parts of the body that have plenty of adenosine receptors. <<http://healthfreedoms.org/acupuncture-may-ease-pain-by-triggering-release-of-natural-painkiller/>>

[===] ===[Some Natural Treatments for Pain]

<http://www.ninds.nih.gov/disorders/chronic_pain/detail_chronic_pain.htm>

Biofeedback

Biofeedback is used for the treatment of many common pain problems, most notably headache and back pain. Using a special electronic machine, the patient is trained to become aware of, to follow, and to gain control over certain bodily functions, including muscle tension, heart rate, and skin temperature. The individual can then learn to effect a change in his or her responses to pain, for

example, by using relaxation techniques. Biofeedback is often used in combination with other treatment methods, generally without side effects. Similarly, the use of relaxation techniques in the treatment of pain can increase the patient's feeling of well-being.

Capsaicin is a chemical found in chili peppers that is also a primary ingredient in pain-relieving creams (see Chili Peppers, Capsaicin, and Pain in the Appendix).

Chemonucleolysis is a treatment in which an enzyme, chymopapain, is injected directly into a herniated lumbar disc in an effort to dissolve material around the disc, thus reducing pressure and pain. The procedure's use is extremely limited, in part because some patients may have a life-threatening allergic reaction to chymopapain. (see Spine Basics in the Appendix)

Hypnosis, first approved for medical use by the American Medical Association in 1958, continues to grow in popularity, especially as an adjunct to pain medication. In general, hypnosis is used to control physical function or response, that is, the amount of pain an individual can withstand. How hypnosis works is not fully understood. Some believe that hypnosis delivers the patient into a trance-like state, while others feel that the individual is simply better able to concentrate and relax or is more responsive to suggestion. Hypnosis may result in relief of pain by acting on chemicals in the nervous system, slowing impulses. Whether and how hypnosis works involves greater insight-and research-into the mechanisms underlying human consciousness.

Low-power lasers have been used occasionally by some physical therapists as a treatment for pain, but like many other treatments, this method is not without controversy.

Magnets are increasingly popular with athletes who swear by their effectiveness for the control of sports-related pain and other painful conditions. Usually worn as a collar or wristwatch, the use of magnets as a treatment dates back to the ancient Egyptians and Greeks. While it is often dismissed as quackery and pseudoscience by skeptics, proponents offer the theory that magnets may effect changes in cells or body chemistry, thus producing pain relief.

[===] ===[Cytokines, Anti-Inflammatory, Pain]

Low Anti-Inflammatory Cytokines a Real Pain, By Michael Smith, MedPage Today Staff Writer, Published: July 26, 2006

[Ref.Source:] Chronic widespread pain, including fibromyalgia, appears to be linked to a relative lack of anti-inflammatory messenger chemicals

<http://www.medpagetoday.com/Rheumatology/GeneralRheumatology/3812>

[Primary Ref.Source:] "Reduced Levels of Anti-inflammatory Cytokines in Patients With Chronic Widespread Pain." *Arthritis & Rheumatism* 2006; 54(8): 2656-2664. Üçeyler N et al.

[Excerpt:] WURZBURG, Germany, July 26 -- Chronic widespread pain, including fibromyalgia, appears to be linked to a relative lack of anti-inflammatory messenger chemicals, according to researchers here.

In a cohort study, patients with chronic pain resistant to standard therapy had lower serum levels of interleukin-4 (IL-4) and interleukin-10 (IL-10) than did age- and sex-matched controls, Nurcan Üçeyler, M.D., of the University of Wurzburg here, and colleagues, reported in the August issue of *Arthritis & Rheumatism*.

At the same time, levels of pro-inflammatory cytokines, such as interleukin-2 (IL-2), interleukin-8 (IL-8), and tumor necrosis factor-alpha (TNF?), were not different between patients and controls, said Dr. Üçeyler and colleagues.

The finding, they said, still needs to be confirmed, but if validated, cytokine expression patterns might be used to assist diagnosis of chronic widespread pain or to assist treatment.

The study was prompted by the observation that patients treated for cancer with IL-2 developed symptoms reminiscent of fibromyalgia, but cytokine analysis has so far not confirmed any clear link between cytokines and chronic pain, they added.

[Related Ref:] Primary fibromyalgia is the most universally accepted form of fibromyalgia, and is normally diagnosed when no other underlying rheumatologic disease, such as arthritis or lupus, is present, and at least 11 of 18 designated tender points are confirmed. Other types of fibromyalgia that have been identified include concomitant fibromyalgia, which occurs with along with seemingly unrelated conditions such as osteoarthritis or scoliosis; and secondary or reactive fibromyalgia, which is thought to occur as a result of the onset of another known disease or injury. [Source:] <<http://www.fibrofactpage.com>>

[===] ===[**NSAIDs, Nonsteroidal anti-inflammatory drugs**]

Less than Natural Anti-Inflammatories that deserve *some* CAUTION

Ibuprofen and Naproxen, aspirin

One of our latest newsletter's showed a high correlation between vitamin D levels and getting breast cancer. **Now it appears there is high correlation between something as common as aspirin and breast cancer recurrence.**

The study of more than 4,000 nurses showed that those who took aspirin - usually to prevent heart disease - had a 50 percent lower risk of dying from breast cancer and a 50 percent lower risk that the cancer would spread. Aspirin is not alone. Ibuprofen and Naproxen, which are also non-steroidal anti-inflammatory drugs, have shown similar benefits. Acetaminophen, on the other hand, does not.

Other studies have shown that aspirin and ibuprofen can lower colon cancer risk.

We would like to make our readers explicitly aware that most of the women were taking low-dose aspirin (81mg as opposed to 350mg). If taken haphazardly, aspirin can cause stomach bleeding, among other ill effects.

<<http://blogs.healthfreedomalliance.org/aspirin-cuts-death-risk-after-breast-cancer/>>

* **Most over the counter anti-inflammatories** take 4-8 weeks of continuous use before they have their anti-inflammatory effect. For example Ibuprofen takes about 6 weeks of taking 600-800 mg 3 times per day. Prescription anti-inflammatories vary a lot also Naprosyn (Naproxyn) takes 8 weeks before it begins to show an anti-inflammatory effect, whereas newer drugs like Celebrex and Bextra take about 8-10 days. [Source:] <<http://www.elitefitness.com/forum/health-medicine/tendonitis-tendonosis-655630.html>>

* **NSAIDs, Nonsteroidal anti-inflammatory drugs** — such as naproxen (Aleve, Naprosyn) and indomethacin (Indocin) — are the medications doctors most commonly use to treat ankylosing spondylitis. They can relieve your inflammation, pain and stiffness. **However, these medications also can cause gastrointestinal bleeding.**

* Bjarnson I, Williams P, So A. et al Intestinal Permeability and inflammation in patients with Rheumatoid Arthritis; effects of non-steroidal anti-inflammatory drugs. Lancet 1984;ii:711-4

* Bjarnson I, Zanelli G, Smith T et al. Non-steroidal anti-inflammatory drugs induced inflammation in humans. Gastroenterology 1987;93:480-9

* **On Ibuprofen (at NIH):** Pain is the number one complaint of older Americans, and one in five older Americans takes a painkiller regularly. In 1998, the American Geriatrics Society (AGS) issued guidelines* for the management of pain in older people. The AGS panel addressed the incorporation of several non-drug approaches in patients' treatment plans, including exercise. **AGS panel members recommend that, whenever possible, patients use alternatives to aspirin, ibuprofen, and other NSAIDs because of the drugs' side effects, including stomach irritation and gastrointestinal bleeding.** For older adults, acetaminophen is the first-line treatment for mild-to-moderate pain, according to the guidelines. More serious chronic pain conditions may require opioid drugs (narcotics), including codeine or morphine, for relief of pain. Ibuprofen is a member of the aspirin family of analgesics, the so-called nonsteroidal anti-inflammatory drugs (see below). It is sold over the counter and also comes in prescription-strength preparations.

Nonsteroidal anti-inflammatory drugs (NSAIDs) (including aspirin and ibuprofen) are widely prescribed and sometimes called non-narcotic or non-opioid analgesics. They work by reducing inflammatory responses in tissues. **Many of these drugs irritate the stomach and for that reason are usually taken with food.** Although acetaminophen may have some anti-inflammatory effects, it is generally distinguished from the traditional NSAIDs.

COX-2 inhibitors: may be effective for individuals with arthritis. For many years scientists have wanted to develop a drug that works as well as morphine but without its negative side effects. Nonsteroidal anti-inflammatory drugs (NSAIDs) work by blocking two enzymes, cyclooxygenase-1 and cyclooxygenase-2, both of which promote production of hormones called prostaglandins, which in turn cause inflammation, fever, and pain. The newer COX-2 inhibitors primarily block cyclooxygenase-2 and are less likely to have the gastrointestinal side effects sometimes produced by NSAIDs. **Cox-2 inhibitors have been shown to cause sodium and potassium retention in salt-depleted subjects, may also increase the risk of heart attack and stroke. Patients on salt-restricted diets should be monitored carefully. Cox-2 inhibitors can cause an increase in lithium blood levels and undesirable side effects for those on lithium prescriptions. Whereas Grape skins contain [resveratrol], a natural Cox-2 inhibitor.**

[===] ===[A Little About Prescription Anti-Inflammatories]

NOT So-Natural Anti-Inflammatories that deserve MUCH CAUTION:

* **Anti-inflammatory Medications:** Certain drugs help provide relief from pain and stiffness, and allow patients to perform their exercises with minimal discomfort. Nonsteroidal anti-inflammatory drugs (NSAIDs) -- such as ibuprofen, naproxen, and aspirin -- are the most commonly used drugs for spondylitis treatment. **HOWEVER, In moderate to severe cases, other drugs may be added to the treatment regimen by your doctor.** Disease modifying anti-rheumatic drugs (DMARDs) -- such as methotrexate -- can be used when NSAIDs alone are not enough to reduce the inflammation, stiffness, and pain. In addition, the relatively new drugs Enbrel and Remicade have been FDA approved for treating ankylosing spondylitis.

* So, there are NSAIDS (non-steroidal anti-inflammatory drugs) like ASA, ibuprofen, indomethacin,

And then there are prescription corticosteroids (e.g. Prednisone)

* **About Prednisone** (of Corticosteroid group): The corticosteroids (for example, hydrocortisone and prednisone) are a family of anti-inflammatory drugs that are commonly used in the treatment of autoimmune and inflammatory diseases such as asthma, rheumatoid arthritis, and ulcerative colitis. **These drugs reduce the body's ability to activate vitamin D, resulting in decreased calcium absorption and increased calcium excretion in the urine.** Counsel: • monitor weight gain and overall growth • counsel on diet high in calcium and vitamin D • encourage physical activity. [Related Ref:] <<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=45>>

-Cortisone injections cause breakdown of collagen fibers and can lead to tendon rupture if performed on a high stress tendon.

Cortisone Shots Provide Short Gain, Long-Term Pain

They may also cause a spike in blood sugar levels

by: Sid Kirchheimer | from: AARP Bulletin | November 30, 2010

...**Cortisone shots can produce a false sense of security that could lead to later relapse.'**

...**Expect "short-term gain but long-term pain,"** lead author Bill Vicenzino of the University of Queensland, Australia, tells the Bulletin. "These injections have a high chance of success within three to six weeks." But six to 12 months after injection, **patients in those studies had a 62 percent higher risk of relapse than those who initially did nothing...** Sports medicine specialist Frederick Azar, M.D., says even though this review of studies suggests cortisone shots might do more harm than good, he finds they are an effective therapy when used prudently.... "But no doubt, some people get a shot and use it as a license to get right back into what they were doing [that triggered the injury]. There is certainly room for abuse." **Cortisone also causes an immediate spike in blood sugar levels — important for obese and diabetic boomers.** And, notes Azar, team physician for the Memphis Grizzlies professional basketball team, no more than four injections should be administered within six months because **multiple injections can weaken cartilage or tendons.**

<<http://www.aarp.org/health/conditions-treatments/info-02-2012/posture-shirt-relieves-neck-back-pain.html>>

* If NSAIDs aren't helpful, your doctor may suggest tumor necrosis factor (TNF) blockers. TNF is a cell protein that acts as an inflammatory agent in rheumatoid arthritis. TNF blockers target this protein to help reduce pain, stiffness, and tender or swollen joints. They are administered by injecting the medication under the skin or through an intravenous line. **TNF blockers can reactivate latent tuberculosis and may cause certain neurological problems.** Examples of TNF blockers include:

* Adalimumab (Humira), * Etanercept (Enbrel), * Infliximab (Remicade), * Golimumab (Simponi)