

# Orthopaedic Connection

## Myth Busters III

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### *Transforming patient information into patient understanding.*

I haven't done a Myth Buster article for a long time so I thought it was time. I have come across a few good ones (myths) recently that I intend to bust!

#### **1. M.B. Alcohol consumption contributes to the development of arthritis.**

Wrong. There is no scientific evidence that it causes or worsens osteoarthritis. Interestingly some studies have shown that very moderate alcohol intake can protect against the severity of rheumatoid arthritis. *Important point:* drinking alcohol and taking Tylenol and anti-inflammatories can put your liver and stomach at risk.

#### **2. M.B. Joints can be harmed by too much Vitamin C.**

No harmful effects on bones and joints have been proven at any dosage. Even taking megadoses of up to 1000mg/day of Vitamin C is well tolerated and not associated with any adverse effects. In general, megadoses of Vitamin C should be avoided by those with a history of kidney disease and disease related to excessive iron accumulation.

#### **3. M.B. Fibromyalgia gets worse if you exercise, so limit it.**

To the contrary, exercise is the only non medicine treatment that has been shown to reduce the number of tender points. Specific exercises, stretching techniques and good posture can help to reduce fatigue and pain associated with fibromyalgia.

#### **4. M.B. Avoid Total Knee Replacement as long as possible.**

Gray area. It is elective surgery and should be scheduled around things going on in a person's life. But many studies show that if it is put off too long and pain and function are very bad, the results are worse than people who have had the knee replacement sooner. I can still do the surgery on people who wait too long, but the result won't be as good. That makes the patient and me both feel bad.

#### **5. M.B. Cold laser therapy of knee arthritis is a good treatment.**

Possibly, but no good large study has been able to show that it works. It might help a few people here and there, but mostly it has not been effective. Also, I don't know any insurance that covers it

including Medicare and Medicaid. If you decide to do it, ask the place that does the treatment what you will have to pay.

### **Gratiot County Herald Archive and Office Website**

What if I told you all the musculoskeletal information you need is in one place? It is. Log on to [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) and you get -

- The Office Website and Library
- Your Orthopaedic Connection
- Gratiot County Herald Archive of every article I have written (complete text).

It contains tons of useful information you or someone in your family can use. All of the information available concerns what I am treating daily in the office and hospital. Log on and check it out.

Our goal is simple - To help people return to more pain free functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush