

Orthopaedic Connection

Little Known Bone and Joint Facts

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

Transforming patient information into patient understanding.

Arthritis and Drinking Alcohol

There is no connection between developing arthritis and how much alcohol you drink. Even so, moderation is always a good idea. As everyone should know, drinking alcohol to excess has many other serious health risks.

And I do see a lot of fractures in people who have been drinking. They need not only a designated driver, but a wheel chair too as they tend to fall a lot!

Vitamin A and Weak Bones

Studies show that excess Vitamin A, which is stored in the body may reduce bone density and lead to osteoporosis. There are two types of Vitamin A.

- Preformed Vitamin A - this comes from foods derived from animal sources and supplements or foods fortified with Vitamin A acetate or palmitate.
- Proformed Vitamin A - also known as beta carotene. It is present in plant foods, sweet potatoes, carrots, etc. and in certain supplements.

A Bottom Line Deconfusing Alert!

Don't eat a lot of liver, check your supplement to be sure it contains Vitamin A in beta carotene form and stay below 3000i.u. per day and you'll be fine.

Bone Density and Facial Wrinkles

There is a significant correlation between facial and neck wrinkles in women and bone density. The worse the wrinkles, the lower the bone density.

Lower bone density (osteoporosis) causes a higher fracture risk.

Why is there a connection? Bones and protein in skin share a structure called collagen. Age related skin changes including wrinkles are caused by deterioration in collagen. Changes in collagen (present in bone) also contribute to deterioration in bone quality it is thought.

Bone density testing (DXA scan) is recommended at any point in women when osteoporosis is suspected.

Too Much Vitamin C Does Not Harm Joints

It is not true that megadoses of Vitamin C can harm joints. Even at doses of up to 1000mg/day there are no adverse effects on bone or joints.

Rare side effects such as nausea, vomiting, heartburn, abdominal cramps and headache can occur however.

Gratiot County Herald Archive and Office Website

I hope what you have read has raised questions. No problem!

Please log onto www.orthopodsurgeon.com. It has a huge amount of musculoskeletal information in the Website and the Archive of all previous GCH articles.

Check it out and be amazed what you can learn.

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

Dr. Haverbush