

Lakeview Community Wellness Center 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.

Office Website and Lakeview Area News Archive

The office website www.orthopodsurgeon.com is a great source for all the Orthopaedic and musculoskeletal information you need.

All the Orthopaedic problems I treat are contained in the website and Your Orthopaedic Connection.

In addition Lakeview Area News archive of all past articles can be found on the website. The full text of every article!

Check out this tremendous collection of information.

All of this information pertains to everything I treat in the office, the Lakeview Community Wellness Center Clinic and the hospital.

Orthopaedic Clinic

I appreciate your support of the Orthopaedic Clinic I have at Lakeview Community Wellness Center. All of the Orthopaedic problems I treat can be evaluated there.

Approaching Clinic dates are March 30 and April 6, 2012.

Patients can call 989-463-6092 for an appointment at the Lakeview Community Wellness Center Orthopaedic Clinic or at the office in Alma. No referral is required.

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