

# Orthopaedic Connection

## Arthritis and Vitamin C

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

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

The effect of Vitamin C on joint health has been studied and debated for at least 10 years. Many studies later it is still not certain whether Vitamin C has any role in preventing knee arthritis.

Vitamin C is known to contribute to healthy bones and connective tissue because of its important role in the production of collagen, which is an important building block of much of our body structure.

### **Antioxidant**

Vitamin C or Ascorbic acid is a well known antioxidant and is well known to promote good health and possibly prevent disease.

Vitamin C is a water soluble vitamin which is believed to combat the viral common cold. Also diseases that are associated with oxidative stress can, it is thought, be delayed or prevented by Vitamin C.

Vitamin C in some mysterious way protects your cells from oxidation.

Unfortunately our diet tends to be very inflammatory. Why? Because it is –

- High in red meat
- Low in fruits and vegetables
- Contains too many processed foods
- Too high in sugar and refined grain.

### **Vitamin C Deficiency**

Often the most common symptoms of deficiency of Vitamin C are inflamed or bleeding gums.

Smokers are often deficient in Vitamin C. Those with malabsorption are frequently deficient in Vitamin C.

Most of us easily get our recommend dietary allowance from our diet. For adults RDA is 90mg for males and 75mg for females.

### **Joint Pain and Arthritis**

It is likely that a combination of nutrients promotes overall health improvement and decreased disease risk.

So it is really difficult to isolate one nutrient such as Vitamin C and say that it is the primary cause of joint health and arthritis protection.

Does it have some role in arthritis prevention due to its high status as an antioxidant? Undoubtedly. But diets are very complex and it is difficult to single out one nutrient as being responsible for the primary effect.

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

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

Please log onto [www.orthopodsurgeon.com](http://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