

YourHealthNews

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Our bones are one of the essential parts of our body that allows us to move and protect our internal organs. Aside from these functions, they also serve in the formation of blood, known as hematopoiesis.

A major health issue that affects the bones is osteoporosis, which increases the risk for possible fragility fractures that results from a fall. This condition affects approximately 200 million people worldwide, with women having a higher risk compared to men. Apparently, this number will continue to grow in the coming decades as the ageing population rises.

Prevention is imperative in osteoporosis. Healthy bone needs to be achieved throughout life. Intake of calcium should be at par to recommended daily intakes. Appropriate exposure and timing to sun is vital to gain daily vitamin D. Regular exercise ought to be maintained to improve bone strength and protect from a catastrophic fall.

In lieu with regular exercise, various physical activities have been studied. Recently, a ten-year study

Yoga may reduce bone loss from osteoporosis

investigated if yoga improves bone health through reduction of bone density loss.¹

The study was participated by more than 700 volunteers recruited over the internet between 2005 and 2015. They underwent bone mineral density scan before and after undertaking a daily, 12-minute yoga program.

The outcome of the study showed that bone mineral density improved amongst compliant volunteers. These significant changes occurred in the spine, hips and thigh bones of the participants. Further, the 12 yoga poses that were studied showed to be safe. Thus, investigators

concluded that the practice of yoga may improve bone quality resulting to better bone health.

This research has provided evidence that yoga can be an option for people who wanted to undertake an exercise regimen. Yoga can also

provide other benefits such as improved posture and balance, better coordination and enhanced mental and psychological well-being.

In the context of bone health, it is important to understand that regular exercise and an active lifestyle are essential. Whatever means of regular exercise a person partakes into, similar health benefits are gained.



New combined drugs more effective in COPD exacerbation prevention, study reveals

A study conducted in 43 countries have shown that combined indacaterol and glycopyrronium was more effective in preventing chronic obstructive pulmonary disease (COPD) exacerbation compared to the conventional drug combination of salmeterol and fluticasone.²

This randomized study, which had more than 3000 participants over 40 years old and above with one episode of exacerbation in the past 12 months, provided answers to the role of two bronchodilator regimens in managing COPD patients.

When compared to first-line regimen salmeterol and fluticasone, patients given indacaterol and glycopyrronium displayed longer time to first exacerbation, and lower annual rate exacerbations. Adverse effects were noted to be similar to both treatment arm.

With this promising results, COPD patients with high risk of

exacerbations may soon have another pharmacologic selection in preventing their exacerbations.

COPD is a chronic respiratory disease that causes airflow in the lungs to be narrowed or obstructed. Patients often manifests with difficulty breathing, chronic cough with sputum production and wheezing. It is caused by long-



standing exposure to irritating gases or minute particles that results in destruction of the elasticity of the bronchial tubes and air sacs of the lungs. Cigarette smoking is most

often the culprit in many patients with COPD.

Patients with this condition are managed with bronchodilators and corticosteroids to prevent exacerbations. The latter resulting to complications such as respiratory infections. Additionally, quitting smoking plays an important part in the management.

WORLD BLOOD DONOR DAY 2016

World Blood Donor Day, an initiative headed by the World Health Organization, is having its annual campaign this month. The theme for this year's event is "*Blood Connect Us All*", which focuses on the context of 'sharing' and 'connection' between donors and recipients.

Blood donation provides ample supply for blood transfusion. The latter, a crucial lifesaving procedure for patients with massive bleeding, hemorrhagic disorders and anemic patients. Besides being able to provide blood to those who need it, blood donation has its own benefits to donors (see box below).

Donating blood is a safe and simple procedure. It is usually done within 45 to 60 minutes.

BENEFITS OF BLOOD DONATION TO DONORS:

- PROVIDES HEALTH SCREENING FOR FREE
- ENHANCES PRODUCTION OF RED BLOOD CELLS
- GIVES FULFILLMENT OF HELPING/SAVING OTHERS WHO NEED YOUR BLOOD

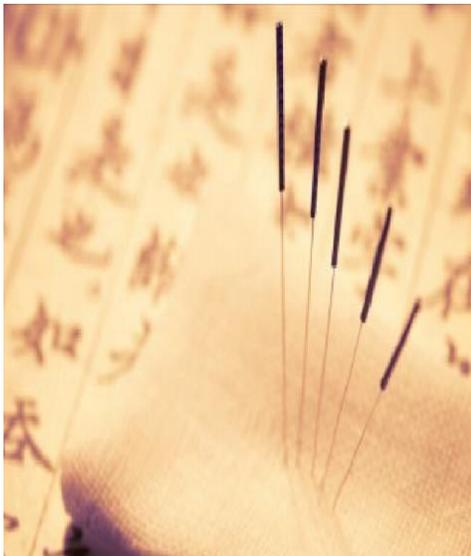
Study shows electroacupuncture with splinting improves symptoms of Carpal Tunnel Syndrome

One of the most common nerve entrapment disorders is carpal tunnel syndrome (CTS). This condition affects around 99 people per 100000 per year with women affected more than men. Although a number of researches has pointed to repetitive manual tasks as the likely reason for the development of CTS, definitive cause is still unclear. Management often includes splinting, steroid injection and surgery. This treatment options are often based on severity and chronicity of the condition.

Acupuncture, a form of alternative medicine commonly used in the practice of Chinese medicine, is often utilized to manage pains and numbness.

Recently, a study conducted at the Chinese University of Hong Kong reported promising outcomes that favor electroacupuncture (an acupuncture that passes weak

electric current to needles) with splinting over splinting alone in the management of long-standing mild to moderate CTS. More than 100 CTS patients were recruited for the study that ran for 17 weeks. Although, the number of participants



is considerably small, and both treatment arms were known to all patients, the study provided improvements in symptoms, hand function and pinch strength in the group that had both electroacupuncture and splinting

compared to splinting alone. The study also inferred that the treatment modality may further augment symptoms if more frequent sessions are done.

To say the least, acupuncture with splinting is a treatment option that provides promise to sufferers of chronic CTS. However, additional researches are still needed before this treatment can be fully accepted as a management alternative for these patients.

References:

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2. Wedzicha JA, Banerji D, Chapman KR, Vestbo J, Roche N, Ayers T, Thach C, Fogel R, Patalano F and Vogelmeier CF. Indacaterol-glycopyrronium versus salmeterol-fluticasone for COPD. *The New England Journal of Medicine*. 2016. DOI: 10.1056/NEJMoa1516385.
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