

Connecticut Orthopedic Update

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Better Results With Wrist Surgery

Patients who undergo open carpal tunnel release surgery experienced better outcomes than those with wrist splinting treatments, according to a new study in JAMA. The study showed that the success rates (based on general improvement) after three months were 80% for the surgery group vs. 54% for the splinting group. After 18 months, the success rates increased to 90% for the surgery group vs. 75% for the splinting group. However, by that time 41% of patients in the splint group had also received the surgery treatment.

Got Milk? Get Good Bones

In growing children, long-term avoidance of cow milk is associated with small stature and poor bone health, according to a study in American Journal of Clinical Nutrition. The top reasons children avoid milk include intolerance (40%), bad taste (42%), and lifestyle choice (18%). The milk avoiders in the study were shorter, had smaller skeletons, and had a lower total-body bone mineral content. The study showed that few children consumed substitute calcium-rich drinks or mineral supplements.

Smelly Feet Can Instead Be Sweet

The feet and hands contain more sweat glands than any other part of the body so it's little wonder why feet, enclosed in shoes and socks all day, have a tendency to be less than aromatic. Temperatures inside your shoes can easily reach 102° F, providing a fertile breeding ground for the bacteria that normally live on our skin. More moisture means more smell. To combat smelly feet, The American Orthopaedic Foot and Ankle Society recommends that you practice good foot hygiene to keep bacteria levels at a minimum; bathe your feet daily in lukewarm water, using a mild soap and dry thoroughly; and change your socks and shoes at least once a day. Experts also recommend dusting your feet frequently with a non-medicated baby powder or foot powder. Applying antibacterial ointment also may help. Check for fungal infections between your toes and

on the bottoms of your feet. If you see redness or dry, patchy skin, get treatment right away.

Is Stretching Advice Worn Out?

The old advice about stretching before exercising is being questioned, because of a new study in The British Medical Journal. Athletes and weekend warriors alike have always been told that stretching before exercising reduces the risk of injury or muscle soreness and improves performance. At least when it comes to muscle soreness, the researchers found that the reduction in soreness reported by athletes who stretched was so minimal that it wasn't worth the effort and appeared to do little to reduce injuries. More research is planned about whether stretching helps athletic performance.

Keep Arthritis At Bay By Moving

You've heard it all about how to best treat arthritis but the best advice according to doctors is to keep moving. Doctors recommend a healthy diet and regular moderate exercise to retain mobility of arthritic joints. A physical therapist can help arthritis sufferers learn muscle-building and stretching exercises to restore mobility. Your doctor can guide you toward a solution best for you.

Men Also Face Bone Loss With Age

While many connect osteoporosis with post-menopausal women, it is also becoming a growing concern for older men, according to a recent issue of Clinical Geriatrics. Men are living longer than ever before and, a result, have become subject to the effects of bone loss. The Third National Health and Nutrition Examination Survey showed that approximately one to two million men ages 50 years or older (3-6%) in the U.S. have osteoporosis. "As in women, the incidence of hip fracture in men increases exponentially with age; approximately 30% of hip fractures in those over age 65 years occur in men," says Clinical Geriatrics. "Mortality is considerably higher following hip fracture in elderly men than in women (30% vs. 9%)...the risk in men of dying after a hip fracture is still two times higher than that in women."