

# IN TOUCH



Spring, 2012

Above are some images of a my recent canoe trip down the Green River in Utah

Volume 2 Issue 1

I'm always thinking about what to write in my newsletters. What topics would appeal to my clients? What information can I provide that is both interesting and educational? For my SPRING 2012 NEWSLETTER, I think I've come across some appealing material: Two recent studies involving physical medicine, and because spring has sprung (or is in the process of "springing!"), some great tips for safely refurbishing your garden. I hope you'll find this newsletter informative and enjoyable!

- 1) [Massage Reduces Inflammation](#)
- 2) [Prolonged Sitting Can Be Bad For Your Health](#)
- 3) [Safe Gardening Tips](#)

## NEW STUDY - MASSAGE REDUCES INFLAMMATION

Researchers at McMaster University have recently completed a study indicating that Massage can reduce muscle inflammation.

When a person exercises hard, inflammation is created in the muscles that are used. In the McMaster study, young males exercised intensively to the point of fatigue after which massage was performed on the quadriceps muscles of one leg for 10 minutes. The other leg was left alone. Biopsies of both legs were taken, before and after exercise and massage, and then repeated 2.5 hours later. The results found that massage diminished inflammation. It decreased the release of cytokines, which are proteins in the body that trigger inflammation. Massage also activates gene pathways that enhanced the growth of mitochondria, the powerhouse of cells.



An interesting video, albeit from an American perspective, that helps explain the study can be found at:

<http://tv.naturalnews.com/v.asp?v=F1860E62A253230229F6DEFA3714D602>

## PROLONGED SITTING CAN BE BAD FOR YOUR HEALTH

- An American Cancer Society study followed over 120,000 individuals from 1993 to 2006. The group had no history of cancer, heart attack, stroke, or lung disease. After examining the amount of time spent sitting in relation to mortality, it was found that women fared worse than men. Women who sat more than six hours per day were 37% more likely to die, during the period of the study, than those who sat less than three hours per day. Men who sat more than six hours a day were 18% more likely to die than those who sat fewer than three hours a day. Mortality was more strongly associated with cardiovascular disease than cancer.
- Another study conducted by researchers at the University of Leicester in the United Kingdom “revealed that women who are sedentary for most of the day were at a greater risk from exhibiting the early metabolic defects that act as a precursor to developing type 2 diabetes, than people who tend to sit less.” The team analyzed the blood composition of over 500 men and women over 40 years of age. They found that women who spent the longest time sitting had higher levels of inflammatory inducing chemicals linked to diabetes and metabolic syndrome.
- Christine Friedenreich, an epidemiologist at Alberta Health Services, conducted a study involving 320 women asked to randomly either work towards a five day a week exercise program or continue their usual inactivity. The results indicated that avoiding a sedentary lifestyle may “lower markers of inflammation” which might lower the chances of developing cancer.

If you spend more than several hours sitting, remember to get up from your chair several times a day. Have a stretch! Take a walk! If your job requires that you use a computer for many hours at a time, consider switching to a standing workstation. Alternative sit/stand workstations are also available and can be purchased for a few hundred dollars to \$2000. We can all benefit from a brisk walk for 45 minutes to an hour at least 3 times a week. Remember to stay active and limit sitting for extended periods of time.





## SAFE GARDENING TIPS

Here are some tips for safe gardening:

- ★ Take frequent breaks, and stand up, especially after kneeling for 15 or 20 minutes.
- ★ Drink plenty of water to prevent dehydration.
- ★ Wear protective clothing, including shoes that are comfortable and flexible, and provide good support.
- ★ Use a foam pad, or a piece of carpet when kneeling.
- ★ When lifting, use your legs, not your back.
- ★ Avoid twisting at the waist when lifting.
- ★ Keep your work close and avoid reaching.
- ★ Stretch well before and after gardening.
- ★ If the job is a two person job, get help.

I hope you'll take my suggestions to heart and get out, stay active, and enjoy the beautiful spring weather!

## References

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3. Yates, Thomas *et al* (2012). Self-Reported Sitting Time and Markers of Inflammation, Insulin Resistance, and Adiposity, *American Journal of Preventive Medicine*, Vol. 42, Issue 1, p. 1-7
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5. <http://ccd-design.blogspot.ca/2012/01/office-workers-forget-to-stand.html>