

STAYWELL



October 2023

BRIAN COLES – HEALTH ANALYST

VOLUME 366

Athletic Trainer Corner

Is all swelling the same?

Swelling is when fluids form in tissues, joints, or cavities in the body. Swelling can be the result of different conditions. For example:

- ✓ Heart disease can cause fluid buildup in the lungs or extremities causing them to swell. This can be caused because of poor circulation or the formation of plaque in the arteries not allowing blood to flow freely and causing it to build up.
- ✓ Injury swelling can be caused by an injury. When tissue that is supplied by blood vessels tear, (muscle pull, tendon rupture, ligament sprain) the blood is released in and around muscles and joints following an injury. This type of swelling causes the deep purple/blue/green/yellow coloring under the skin as the blood comes to the surface.
- ✓ Inflammation swelling is another form of swelling. This is the body's response to infections, injury, or other conditions. This type of swelling takes place when the body's biology responds to these conditions. This is a natural healthy response to help the body heal. This type of swelling can cause redness around the area. For an injury, this process helps the body heal and is wanted.

Inflammation is where a lot of confusion comes in for most people and some health care practitioners.

Inflammation is a good thing for an acute injury. It helps remove damaged tissues and once the cells die they send a signal for the remodeling/rebuilding cells to come in and begin rebuilding and realigning tissues in the healing response.

The type of swelling determines the treatment.

- ✓ Ice and compression is best for acute (up to 72 hours) pain and swelling following an injury.
- ✓ Heat works best once injury swelling has stopped increasing and improved circulation aids in the inflammatory healing response. Non-Steroidal Anti-inflammatories (NSAIDS) such as Ibuprofen, Advil, Naproxen, Aleve, etc., block the inflammatory affect. Remember these are anti-inflammatories, they stop the inflammatory response. They DO NOT reduce injury swelling.
- ✓ The name says it all, and exactly what they do. ANTI_INFLAMMATORY. The inflammatory response is the body's natural means of reducing injury swelling.

Continued on the next page

CANCER

For the year 2023, 1,958,310 new cancer cases and 609,820 cancer deaths are projected to occur in the United States. The risk of cancer increases as we age. Age is considered the most important risk factor for cancer overall, with over 60 percent of cases occurring in those who are over the age of 65. Is cancer preventable? Many cancers are directly related to choices individuals make, and lifestyle plays a role in lowering the risk. The World Cancer Research Fund has estimated that approximately one-third of the cancer cases that occur in economically developed countries, such as the U.S., are related to being overweight or obese, physical inactivity, and/or poor nutrition which can be prevented.

- **Physical Activity and Cancer**— research demonstrates repeatedly that physical activity lowers the risk of certain cancers. A week of moderate aerobic activity for 150 minutes or 75 minutes a week of vigorous aerobic physical activity are the goals to reduce cancer risk.
- **Nutrition**— plays an important role in cancer risk reduction. Diets and nutrition are hard to track and relate a direct cause and effect of cancer. But research has proven that getting the required nutrients, especially vitamins and minerals, help the body function properly and keep the immune system stronger. When we don't get enough of certain vitamins and minerals the body does not function as it should and ward off illnesses.
- **Supplements**— have not been shown to prevent cancer. Supplements can improve the bodies function. Time and time again research demonstrates that taking supplement as a replacement for good nutrition is not helpful. Eating the whole foods has been shown repeatedly to be the best choice. Supplements only supplement good nutrition, they do not replace it.
- **OBESITY**— research has shown a higher risk of cancers with obesity. Maintaining a healthy weight has been shown to reduce cancer risk.
- **SKIN CANCER**— most skin cancers can be prevented by protecting the skin from the sun and avoiding tanning beds.
- **Getting screened**— having age appropriate screenings can help eliminate cancer risk. Pre-cancerous lesions and polyps removed during screenings can avoid cancer, or if cancer is detected survival increases immensely with early detection.

Sources:

- www.cancer.gov (National Cancer Institute)
- www.mayoclinic.org
- <https://www.cancer.gov/about-cancer/causes-prevention/risk/age>
- <https://acsjournals.onlinelibrary.wiley.com/doi/full/10.3322/caac.21763>

Quarterly Wellness Initiatives:

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside of Brian's office. Current programs are also accessible by using the QR code.

Cont. Athletic Trainer Corner

- ✓ NSAIDS work best for chronic injuries such as tendonitis and bursitis, where the inflammatory phase continues over and over.
When NSAIDS are taken too soon after an injury, the inflammatory response is shut down too soon, then the rebuilding phase never takes place and the body never fully heals.
When people take NSAIDS too soon after an injury, it will lead to chronic repeated injuries. Tylenol is better, it does not impact the inflammatory response, but reduces pain.
- ✓ Ice and compression are the best ways to reduce injury swelling.

The inflammatory response needs to take place— not be blocked.

Sources:

<https://pittsfordpeds.com/Use-of-Medicines-in-Sports-Care-of-the-Young-Athl-1#:~:text=These%20medicines%20are%20most%20often,NSAIDs%20may%20actually%20delay%20healing>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2579445>

<https://pubmed.ncbi.nlm.nih.gov/16603889/>

New Quarterly Programs will be available soon.

On Going - Continuing Initiatives

- ❖ **Spouse Staywell Letter Incentive—**
Sign your spouse up to receive the Staywell Newsletter and receive a gift card.
- ❖ **Radon Testing**
- ❖ **Diabetes Prevention & BP/Cholesterol Improvement Initiative**
- ❖ **Prove IT Fitness Challenge**
- ❖ **Weight Loss Challenge and Maintenance Program**

