

# ASHBY ADVISOR

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Time to march into a health newsletter again.

First, okay I know you must be “sick” of having me talk about Vitamin D, but I just had to add this study of runners (the ones in shorts and T-shirts outside usually year-round) by the Cooper Clinic in Dallas. The study was small, 36 runners, but they found 75% of them were below their recommended 40 – 50 ng/ml. (Minimum safe level is 32 ng/ml). I wonder if they were taking “Cooper Complete Supplements”?

A Canadian study just completed backs up a controversial American study on surgery for osteoarthritis of the knee. Two year outcomes for surgery vs. non-surgery were almost identical. Non-surgical included optimized medical management, therapy, and education. Some surgical patients also had the same treatment after surgery. Let’s hope for something better.

And speaking of osteoarthritis, let’s talk about glucosamine and chondroitin sulfate. There are several well designed studies that have shown glucosamine sulfate helps retain and even thicken knee cartilage over time. Until recently, no well designed studies showed the benefit of chondroitin sulfate for retaining knee cartilage. One European study used a prescription chondroitin sulfate that is not available in standard supplements. It did show retention of joint space over 24 months compared to placebo. They also reported less pain. Just be aware that here in the U.S. the only form of the sulfates to retain cartilage is glucosamine. Recommended daily intake 1,000 – 1,500 mg in divided doses.

\*Quote of the month: Laughter is the sun that drives winter from the human face.

Victor Hugo