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## **Eucalyptus And Tea Tree Oils Show Promise As Topical Antibacterials**

At an annual meeting for the American Academy of Orthopedic Surgeons, researchers presented findings from a study showing that eucalyptus and tea tree oils may be more effective for clearing up staph infections than antibiotics. The specific infection that was investigated in the study is methicillin-resistant staphylococcal. It is caused by parasitic bacterium and makes up more than 90 percent of hospital-acquired infections. For more information go to <http://www.aaos.org/wordhtml/anmt2002/poster/p376.htm>.

## **Vitamin E And C Together At High Doses Reduce The Risk Of Alzheimer's Disease**

Johns Hopkins University researchers recently reported that the intake of vitamins E and C in combination reduced both the prevalence and incidence of Alzheimer's disease. Using data gathered from a large group of respondents age 65 and older, the researchers' investigation revealed that high doses of certain antioxidants may mitigate age-related cognitive deterioration by protecting neurons from free

radical damage. Free radicals are unstable oxygen molecules that can damage the body from our exposure to environmental toxins, intake of chemicals found in processed foods, overexertion, etc. Because of the results of this study, researchers suggest that antioxidant supplements merit further study as agents for the primary prevention of Alzheimer's disease. For more information go to the Archives of Neurology, Volume 61, January 2004.

## **Vitamin D May Reduce The Risk Of Multiple Sclerosis**

According to a recent scientific research study, low levels of vitamin D may increase a person's risk of developing multiple sclerosis (MS). The study involved more than 187,000 female nurses from two different cohort groups. Vitamin D intakes were assessed at the beginning of the trials and were updated every 4 years thereafter. At the beginning of the study all of the women were free of MS. During the follow-up periods, 173 developed the disease. Researchers found that participants in the highest quintile (top fifth) of vitamin D intake at the beginning of the trial had a 33 percent reduced risk of MS compared

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to participants in the lowest quintile (bottom fifth). More specifically, participants taking more than 400 IU per day had an even higher percentage of reduced risk compared to those who did not supplement at all. For more information go to the journal Neurology, Volume 62, 2004.

## **Long Term Use Of Glucosamine Sulphate May Help With Osteoarthritis**

In a randomized, placebo controlled clinical trial it was determined that the long-term administration of the drug form of glucosamine sulphate used over a 3 year period of time may prevent joint structure changes in patients with osteoarthritis of the knee with a significant improvement in symptoms. Authors of the study suggest that further research be conducted. For more information go to the journal Lancet, Volume 357, January 2001.