

# JOHN LANT & PARTNERS OSTEOPATHS NEWSLETTER July & August 2011

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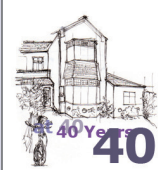
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## Can you fidget your way to fitness?

"Fidgeting makes you fit," according to the Daily Express. The news is based on a study that examined the association between a measure of heart and

lung fitness (cardiorespiratory fitness or CRF) and the amount of physical activity that obese, inactive people got through everyday activity, rather than exercise.

It is generally accepted that CRF predicts the risk of heart disease, stroke or death from any cause. Current guidelines suggest that certain levels of moderate physical activity, sufficient to cause mild



breathlessness for example, are needed to maintain heart and lung fitness. Researchers sought to examine whether other types of lower level activity had an impact on CRF as well.

Researchers concluded that lower levels of activity, termed incidental physical activity, were associated with improvements in CRF, although the changes seen were relatively small.

As the study involved a small group of inactive, obese individuals in Canada, it is unclear whether the results can be applied to other groups of

people.

While physical activity is an important part of a healthy lifestyle, the results of this study are not sufficient to alter current guidelines on recommended activity levels and don't support fidgeting as a way of getting fit.

## Our Team of Osteopaths in 2011

John Lant, Alex Austin, Amanda Maris & Nandee Bhamra. Alex Austin hopes to return from maternity leave in October 2011.



## Text messages help smokers quit

Motivational text messages sent to smokers' mobile phones can double their chances of giving up tobacco, reported The Guardian.

The story is based on a large UK study that looked at whether a six-month programme of supportive text messages could help smokers quit. It compared a group who received positive messages to another group who were given details of other support programmes. At six months, those receiving texts were twice as likely to quit, with a quitting rate of 10.7% compared to the other group's rate of 4.9%.

This large, well-designed study took several steps to ensure the accuracy of its results. For example, saliva tests were used to verify how accurately people had reported their non-smoking and, in their analyses, the researchers counted people who dropped out of the study as failing to quit. While the quit rate was relatively low in both groups, the researchers say it was comparable to the number of people who succeed using other forms of help, such as counselling.

As a relatively cheap intervention that could reach large numbers of people, text messaging is potentially cost effective, an issue the authors will address in a forthcoming study. The trial did not directly compare text messaging with other methods for quitting smoking, such as nicotine replacement therapy or behavioural support, so text messaging still needs to be assessed in relation to existing treatments.

## Babies 'detect emotion in voices'

"Babies can tell sad voices at 3 months," according The Daily Telegraph. The newspaper reported that brain scans have shown that parts of the brain "light up more when babies hear sad voices".

A sample of 21 babies aged three to seven months old were given a special type of MRI scan to measure the activity in different

regions of the brain. While asleep, they listened to human speech and also to various "non-speech vocalisations", which were each made to sound emotionally neutral (such as coughing), happy (laughing) or sad (crying). The scanner revealed that, in babies, an area of the brain called the temporal cortex is very sensitive to voices, much as it is in the developed brains of adults. The researchers

## 'NICE gives go ahead for Osteopathic Healthcare delivered locally ...'

also noticed that, while there was little difference in brain activation caused by neutral and happy sounds, sad emotions activated slightly different areas of the brain. This suggested that the ability of the brain to process human voices and negative emotions happens very early on in life. This is an interesting biological study of brain

## Professional Training & Development Group for osteopaths

The Practice provides regular CPD Courses for colleagues in-house, often on Wednesday afternoons when the practice may be partly closed with telephone services only.

Recent topics have included Upper Extremity pain and Obstacles to low back pain recovery, Changes to local NHS Cambridgeshire Musculoskeletal Services.

Email: [admin@camost.co.uk](mailto:admin@camost.co.uk). The practice continues to support and develop close educational links with the British School of Osteopathy in London where John Lant is a Member of the Board of Directors.

activation in young babies in response to human sounds, but limited conclusions can be drawn from this study alone. It is not known from this study whether the brain is activated differently when the baby is awake or asleep, when the vocalisations come from different people (for example, whether the baby's brain responds differently to crying from a stranger or a parent), or when listening to more complex, emotionally charged speech (such as an argument). Also, the study cannot tell us whether exposure to different emotional sounds has any influence on a baby's development or personality.

## Risk of irregular heart rhythm from ibuprofen 'small'

"Commonly used painkillers including ibuprofen increase the risk of developing an irregular heart rhythm by up to 40 per cent", reported The Daily Telegraph. It said that a new study has found a link between the anti-inflammatories and atrial fibrillation and atrial flutter.



This study looked at a large sample of people who had a first diagnosis of either of these heart rhythm abnormalities. The patients' past use of NSAIDs was compared with that in people who did not have these abnormalities, and who were matched for age and sex.

The use of NSAIDs was found to be slightly more common among patients than controls (9% vs. 7%). The researchers estimated there would be four extra cases a year of atrial fibrillation per 1,000 new users (first prescription in past 60 days) of non-selective NSAIDs (e.g. ibuprofen). For COX-2 inhibitors (a subgroup of NSAIDs, e.g. celecoxib) there would be seven extra cases per year of atrial fibrillation per 1,000 new users.

Although the authors found an increased risk of AF, the overall increase was small and not enough to recommend that people taking these medicines for painful conditions stop them. Doctors are already well aware of the risks and benefits of these medicines and when and how they should be used. Patients taking NSAIDs or COX-2 inhibitors prescribed by their doctors are advised to continue to do so, and discuss any concerns at their next regular or scheduled appointment. Occasional one off doses or short courses (e.g. 2 or 3 days) of over the counter strength ibuprofen are still considered safe.



Source: NHS News from health choices

