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## Old age catching up ?

Posted by E - 2006/06/13 12:58

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I've managed to collect just about every injury possible of the last few yeas...

Knee ligaments  
Tennis elbow  
Broken /cracked ribs  
...etc

However nothing has hacked me off more than a biking injury which put my shoulder out and has continued to give me jip for nearly 3/4 years. After a days sailing my left shoulder feels really weak - like its going to pop out of the joint !

I've been to the quacks (apologies to all medical chums), been referred to a sports injury specialist, lived in the company's Physio dept - all to no avail. So recently in an act of desperation I tried Glucosamine tablets.

Well blow me if they don't appear to have done the trick. Within a week of taking them, the persistant dull ache has disappeared and the shoulder is feeling stronger already !

Anyone else taken this wonder drug !

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## Re:Old age catching up ?

Posted by markh - 2006/06/13 14:19

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I wonder if this is a similar product to "glyconutrients". I've heard that a lot of pro sailors are using glyconutrient products with good results. Theres a thread on Maisails forum about this product.

Cheers

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## Re:Old age catching up ?

Posted by Slim - 2006/06/13 15:32

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I would like to think that it will be a while before I will be formally suffering the effects of old age, though I have had a persistant knee injury that gave me serious grief a couple of years ago. I saw "Jointace" tm. for sale in a chemists but it was really expensive, I saw that it was basically Glucosamine and omega 3 oil but then marked up significantly in price. I then went and bought some separately and as you say, lo and behold almost instant improvements. I am not a doctor, so they might have some more info, but it works for me. If anyone is interested it is aparently derived from crushed up crab shell. mmmmmmm nice!

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## Re:Old age catching up ?

Posted by dave-ear - 2006/06/13 15:52

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Great stuff,been using Glucosamine for a number of years now.Doctor Friend recommended it for joints.We bye it from "HEALTHSPAN". B)

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## Re:Old age catching up ?

Posted by Shawn - 2006/06/13 16:47

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Hmmm, I like the sound of this stuff. I have plenty of niggling injuries that i'd love to be without - more through being stupid than old age I suspect tho'.

So - glucosamine & omega 3 you say..? I shall give it a whirl...

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## Re:Old age catching up ?

Posted by Crossy - 2006/06/13 16:50

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I agree fantastic stuff. I have also been using it for years. The liquid form is best 1500mg a day. Also try MSM 500mg a day, this is a sulphate in tablet form. You get it from Health Stores. This combination works great for me. Give your body what it needs and it will fix itself.

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## Re:Old age catching up ?

Posted by sockgoblin - 2006/06/13 17:37

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2 nurophen before going out works for me

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## Re:Old age catching up ?

Posted by Bert - 2006/06/14 06:25

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try <http://www.zipvit.co.uk/> for good prices.

If you stop taking the tablets does the pain return ?

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## Re:Old age catching up ?

Posted by E - 2006/06/14 09:06

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What is glucosamine?

Glucosamine is a substance found throughout the body, but there are especially high levels in the cartilage that covers the ends of the bones. Cartilage cushions the joints and allows their smooth movement. Glucosamine is a combination of glucose and glutamic acid (an amino acid found in the body's proteins). It is a basic building block for various substances that form tendons, ligaments, joint cartilage and even joint fluid. Natural sources of glucosamine include lobster, crab and oyster shells, although much of it is manufactured synthetically.

How does glucosamine work?

Osteoarthritis involves the breakdown of cartilage, and while the action of glucosamine is not fully understood, it is thought to reduce the progression of cartilage destruction and promote its regeneration.

What evidence is there of benefit?

Studies generally show glucosamine supplements have some benefit in osteoarthritis affecting the knees or hips. One larger study published in the renowned medical journal, the Lancet, compared glucosamine against a placebo (dummy medication) in people with osteoarthritis of the knees over 3 years. People taking glucosamine sulphate (1,500 mg a day) tended to have fewer symptoms and less deterioration in their knee joints. On average, people taking glucosamine had about a 20% to 25% improvement in symptoms, while those taking the placebo had a slight worsening of symptoms. More recently, a study in women also found that glucosamine appeared to not only improve symptoms but also X-ray evidence of osteoarthritis. The results of a very large American study, involving about 1,500 people, are expected later this year.

Are all glucosamine products the same? Various products on the market contain different types and amounts of glucosamine. Because it is classed as a complementary medicine, rather than a therapeutic medicine, glucosamine preparations are not subject to the same level of testing, and there may be variation in both purity and content of glucosamine from different manufacturers. Last August's Choice magazine claimed that this was the case with the top 10 Australian brands. Since then, several of the manufacturers have questioned the testing done by Choice and as a result, the Therapeutic Goods Administration has decided to investigate the claims.

Most of the clinical studies have used glucosamine sulphate but some have used glucosamine hydrochloride. Weight for weight, the hydrochloride salt contains more glucosamine than the sulphate salt. Pure glucosamine hydrochloride

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contains about 83% glucosamine, and pure glucosamine sulphate has about 65% glucosamine.

Some products also contain chondroitin, a related substance that is also a component of cartilage. There have been fewer studies with chondroitin, and the evidence of benefit is less strong.

How safe is glucosamine? Studies looking at the safety of glucosamine suggest that there are few side effects at the doses normally used to treat osteoarthritis. Some people may have mild stomach complaints, such as heartburn and diarrhoea. Although no allergic reactions have been reported, glucosamine is not recommended for people with seafood allergies.

Who might benefit?

Glucosamine doesn't help everyone with osteoarthritis. Those with more severe arthritis and pain seem less likely to benefit. A trial of glucosamine 1,500 mg per day in divided doses (500 mg, 3 times a day) for at least 3 months is recommended. In most studies, it took 3 to 4 weeks before any improvement in pain and function was noticed. If you would like to know more about glucosamine talk to your doctor or pharmacist.

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## Re:Old age catching up ?

Posted by Slim - 2006/06/14 09:21

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Shawn wrote:

Hmmm, I like the sound of this stuff. I have plenty of niggling injuries that i'd love to be without - more through being stupid than old age I suspect tho'.

So - glucosamine & omega 3 you say..? I shall give it a whirl...

Mate, you can take all the tablets you like, none of them will prevent your fin sticking in your leg!!!:P

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## Re:Old age catching up ?

Posted by Shawn - 2006/06/14 11:15

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Doh! Damn - my mistake. I thought I'd found the solution for a mo' then too.

My leg is just about better now, after getting quite infected & smelling like one of those dead sheep you see at the bottom of big cliffs, and oozing nasty green stuff everywhere. Hmmm, nice.

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## Re:Old age catching up ?

Posted by cybersymes - 2006/08/22 13:11

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Slim wrote:

Shawn wrote:

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funni funni funni...:):)

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## Re:Old age catching up ?

Posted by Ernie - 2007/11/21 13:06

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...it seems my optimism was misplaced on this wonder drug.

....to cut a long story short, the symptoms continued, and indeed worsened all of the summer and eventually 2 weeks ago I underwent shoulder surgery and consequently will not be climbing into a wetsuit until at least the end of February.

There is good news, however... statistics show that whenever I've been unable to sail (work, holidays , illness/injury) the wind consistantly blows it's socks off...so dig out your 4.0m sails and enjoy the next 3 months.....

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### Re:Old age catching up ?

Posted by Slim - 2007/11/21 17:30

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Bad luck old bean! just make sure that it is fully rested before you try and get out again or you might just be looking at another few months off the water.... In the meantime, maybe i wont sell my 4m after all:P

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### Re:Old age catching up ?

Posted by Shawn - 2007/11/22 10:36

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Jeez - the lengths some people will go to in order to get out of winter sailing!!

Take it u won't be joining us around Llandegla for a while to matey?

Get well soon!:P

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### Re:Old age catching up ?

Posted by Ernie - 2007/11/22 13:59

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I may be back on my bike sooner than February, but maybe not Llandegla!!!!1

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