

SENIOR JOURNAL.COM - Senior Citizens Information and News

◆ [Front Page](#) ◆ [Search](#) ◆ [Contact Us](#) ◆ [Discussion Board](#) ◆ [Advertise in Senior Journal](#)

HUD/FHA Reverse Mortgages

National Non-Profit Helps Seniors Get the Truth About All Options

www.SeniorJobBank.org

Ads by Google - [Advertise on this site](#)

SeniorJournal.com

INDEX

[FRONT PAGE](#)

[PAGE TWO](#)

[Recent Headlines](#)

[Odds & Ends](#)

[General Features](#)

[Find Help](#)

[SENIOR ALERTS](#)

[Baby Boomers](#)

[Health-Fitness](#)

[Aging](#)

[Alzheimer's,
Dementia](#)

[Fitness](#)

[Health/Medicine](#)

[Medical Research](#)

[Nutrition/Vitamin](#)

[Government](#)

[Politics](#)

[Medicare](#)

[Medicare Drug
Program](#)

[Medicare Q&A -
Dear Marci](#)

[Medicaid](#)

[Social Security](#)

[Social Security,
Medicare Q&A](#)

[Social Security
Reform](#)

[Enjoying Life](#)

[Books](#)

[Entertainment](#)

[Features](#)

[Grandparents](#)

[Senior Statistics](#)

[Senior Stars](#)

Senior Journal: Today's News and Information for Senior Citizens & Baby Boomers

More Senior Citizen News and Information Than Any Other Source - SeniorJournal.com



• Go to more on [Nutrition, Vitamins & Supplements](#) or More Senior News on the [Front Page](#)



[Reach the dynamic senior citizen market with advertising in SeniorJournal.com - click](#)

[E-mail this page to a friend!](#)

Ads by Google

[Nutrition, Vitamins & Supplements for Seniors](#)

Asian Spice Turmeric May Prevent Rheumatoid Arthritis and Osteoporosis

U. of Arizona researchers say it may fight other inflammatory disorders

October 30, 2006 - An ancient spice, long used in traditional Asian medicine, may hold promise for the prevention of both rheumatoid arthritis and osteoporosis, according to a recently completed study at The University of Arizona College of Medicine. It is encouraging news for millions of senior citizens concerned about both conditions.

Turmeric, the spice that flavors and gives its yellow color to many curries and other foods, has been used for centuries by practitioners of Ayurvedic medicine to treat inflammatory disorders.

Related Stories

[Broccoli and Curry May Save American Men from Prostate Cancer](#)

Jan. 15, 2006 – The most common cancer in American men – prostate cancer – may be prevented and possibly treated by something as easy as eating certain

Turmeric extract containing the ingredient curcumin is marketed widely in the Western world as a dietary supplement for the treatment and prevention of a variety of disorders, including arthritis.

At the UA College of Medicine, Janet L. Funk, MD, working with Barbara N. Timmermann, PhD, then-director of the National Institutes of Health (NIH)-funded Arizona Center for Phytomedicine Research at the UA, set out to determine whether (and how) turmeric works as an

Mesothelioma is Deadly

We are the law firm.

www.MesotheliomaAttorney.com/Claims

[nev.com/Claims](http://www.MesotheliomaAttorney.com/Claims)

[Sex & Seniors](#)[Sports](#)[Travel](#)[Senior Volunteers](#)[On The Web](#)[Links - Senior](#)[> Senior Friendly](#)[Business Links](#)[Sites We Like](#)[Elderly Issues](#)[Elder Care](#)[Assistance for](#)[Elderly](#)[Housing](#)[Money](#)[Discounts](#)[Guard Your Wealth](#)[Money Matters](#)[Reverse Mortgage](#)[Retirement](#)[Thinking](#)[Opinions](#)

vegetables, like broccoli and the curry spice turmeric, says a new study. Age is considered the most important risk factor for prostate cancer, since the average age of diagnosis is 70. But, evidence is mounting that a diet high in fats and red meat play a significant role in increasing this risk. American men, heavy consumers of red meat, have the highest rates of prostate cancer in the world. In the next 24 hours, prostate cancer will claim the lives of 83 American men, according to the National Prostate Cancer Coalition. [Read more...](#)

[Senior Citizens Can Slow Cognitive Decline by Eating More Vegetables](#)

It is probably the vitamin E that does the trick

October 24, 2006 - Eating vegetables, not fruit, helps slow down the rate of cognitive change in older adults, according to a study published in today's issue of *Neurology*, the scientific journal of the American Academy of Neurology. [Read more...](#)



[Red Wine but Not White Reduces Risk of Colon Cancer](#)

Study says it is the resveratrol in red wine that provides protection



October 23, 2006- Drinking more than three glasses of red wine a week reduced the risk for colon cancer, according to research presented at the 71st Annual Scientific Meeting of the American College of Gastroenterology in Las

whether (and how) turmeric works as an anti-arthritis.

They began by preparing their own extracts from the rhizome, or root, of the plant, providing themselves with well-characterized materials to test and to compare with commercially available products. (Dr. Timmermann since has joined the faculty of the University of Kansas, Lawrence, Kan.)

[Advertise on this site](#)

Dr. Funk and her colleagues then tested in animal models a whole extract of turmeric root, only the essential oils, and an oil-depleted extract containing the three major curcuminoids found in the rhizome. Of the three extracts, the one containing the major curcuminoids was most similar in chemical composition to commercially available turmeric dietary supplements. It also was the most effective, completely inhibiting the onset of rheumatoid arthritis.

Dr. Funk, an endocrinologist in the UA Department of Medicine, says this study provides several noteworthy "firsts."

- Completed with the researchers' own prepared, well-defined extracts, the study represents the first documentation of the chemical composition of a curcumin-containing extract tested in a living organism, in vivo, for anti-arthritis efficacy.

- It also provides the first evidence of anti-arthritis efficacy of a complex turmeric extract that is analogous in composition to turmeric dietary supplements.

The significance, she explains, is that translating the results of trials such as these to clinical use depends on accurate information about the chemical content and biological activity of the botanical supplements available for use.

This work paves the way for the preclinical and clinical trials needed before turmeric supplements can be recommended for medicinal use in preventing or suppressing rheumatoid arthritis.

- This study also provides the first in vivo documentation of a mechanism of action – how curcumin-containing extracts protect against arthritis

[Turmeric a Hot Research Topic](#)

The medicinal properties of the turmeric have for millennia been known to the ancient Indians and have been expounded in the Ayurvedic texts. It is only in recent years that Western scientists have increasingly recognized the medicinal properties of turmeric.

According to a 2005 article in the *Wall Street Journal* titled, "Common Indian Spice Stirs Hope," research activity into curcumin, the active ingredient in turmeric, is exploding.

Two hundred and fifty-six curcumin papers were published in the past year according to a search of the U.S. National Library of Medicine.

Supplement sales have increased 35% from 2004, and the U.S. National Institutes of Health has four clinical trials underway to study curcumin treatment for pancreatic cancer, multiple myeloma, Alzheimer's, and colorectal cancer.

>> [Read more at Wikipedia](#)

HOT LINKS

- [Auto Insurance Challenge](#)
- [EZ Living Aids - Products to Make Life Easier](#)
- [Endless Pools - Swim at home, stay fit](#)
- [Free quote for Reverse Mortgages and Life Settlements!](#)
- [Senior-Friendly Businesses](#)
- [Vitamins Without a Pill](#)
- [Why Struggle With a Big Tiller? Mantis Tiller's just 20 lbs. Free Video!](#)
- [You may qualify for a Power Wheelchair](#)
- [Cheap Cialis online Viagra and Levitra](#)

Vegas. [Read more...](#)

Senior Citizen Health & Medicine

[Eating Fish Reduces Coronary Death Risk by Stunning 36 Percent](#)

Review in JAMA of past studies says death rate reduced 17%

October 18, 2006 – Researchers



who reviewed all the previous studies on the health impact of eating fish have concluded that avoiding modest fish consumption due to confusion regarding risks and benefits could result in thousands of excess coronary heart disease deaths annually. They found it reduces risk of coronary death by a stunning 36 percent and the rate of death by 17 percent. [Read more...](#)

Read more on [Nutrition, Vitamins & Supplements](#)

Arthritis and Rheumatism.

The article, "Efficacy and Mechanism of Action of Turmeric Supplements in the Treatment of Experimental Arthritis," is scheduled to appear in the online issue of Arthritis and Rheumatism Monday, Oct. 30, 2006.

Editor's Notes:

Contributors to the study include Janet L. Funk, MD; Jennifer B. Frye; Janice N. Oyarzo, MS; Nesrin Kuscuglu, PhD; Jonathan Wilson; Gwen McCaffrey, PhD; Gregory Stafford; Guanjie Chen, MD; R. Clark Lantz, PhD; Shivanand D. Jolad, PhD; Aniko M. Soilyom, PhD; Pawel R. Kiela, DVM, PhD; and Barbara N. Timmermann, PhD.

Reverse Mortgages - Deal Direct with the Bank

No Monthly Payments or Brokers Fees reversehome.com

Ads by Google

[Advertise on this site](#)

Search for more about this topic on SeniorJournal.com



Search



Web



SeniorJournal.com

[Click to More Senior News on the Front Page](#)

Extracts protect against arthritis.

The researchers found that the curcuminoid extract inhibits a transcription factor called NF-KB from being activated in the joint. A transcription factor is a protein that controls when genes are switched on or off. Once the transcription factor NF-KB is activated, or turned on, it binds to genes and enhances production of inflammatory proteins, destructive to the joint. The finding that curcuminoid extract inhibits activation of NF-KB suggests that turmeric dietary supplements share the same mechanism of action as anti-arthritic pharmaceuticals under development that target NF-KB.

It also suggests that turmeric may have a use in other inflammatory disorders, such as asthma, multiple sclerosis and inflammatory bowel disease.

In addition to preventing joint inflammation, Dr. Funk's study shows that the curcuminoid extract blocked the pathway that affects bone resorption. Noting that bone loss associated with osteoporosis in women typically begins before the onset of menopause, she has begun work on another NIH-funded study to determine whether turmeric taken as a dietary supplement during perimenopause can prevent bone loss and osteoporosis.

Both of the studies are supported by the National Center for Complementary and Alternative Medicine (NCCAM) and the Office of Dietary Supplements (ODS), both of the NIH.

An initial publication of the rheumatoid arthritis study results in the Journal of Natural Products, which was among the most-accessed articles from April-June 2006 in this prestigious American Chemical Society journal, is being followed by more detailed study results, which will appear in the November 2006 issue of the American College of Rheumatology flagship journal,

[Copyright: SeniorJournal.com](http://SeniorJournal.com)

Published by New Tech Media - www.NewTechMedia.com

Other New Tech Media sites include CaroleSutherland.com, BethJanicek.com, www.DeweySquare.com, SASeniors.com, DrugDanger.com, etc.

E-mail - editor@SeniorJournal.com