

SOUTHPORT PHYSIOTHERAPY CENTRE

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Should I try Glucosamine?

I am often asked about the effectiveness of 'alternative' approaches to treatment.

Glucosamine has been used in alternative medicine as an aid to relieve joint pain, swelling, and stiffness caused by arthritis.

Glucosamine is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Glucosamine Sulphate has been around for many years now and has largely become accepted as an alternative option to relieve arthritic pain.

But does it really work?

The reviews are mixed, and the research is still considered controversial. What we do know is that Glucosamine is a naturally occurring amino sugar derived from chitin, which is the main structural element of the shell of animals such as crabs, lobster and prawns (shellfish).

Glucosamine appears to work by regenerating your damaged cartilage. It is a natural building block of articular cartilage. Articular cartilage is the smooth hard layer of your joint that allows the bones to glide easily on each other. Arthritis damages the joint surface causing the surface to become worn and rough.

It is thought that Glucosamine may have 2 potentially beneficial effects.

It may reduce the levels of an enzyme that degenerates articular cartilage. This may slow down or stop further damage.

Also, it has been shown to be integrated into the articular cartilage, there by repairing the damaged cartilage.

Precautions

There may be interactions with other medications, and it is important that you discuss with your GP before taking Glucosamine.

Regardless, **not everyone should take Glucosamine.**

Anyone who is allergic to shellfish should not take Glucosamine.

Often Glucosamine Sulphate may also have Chondroitin added which is a blood thinner. Consequently, if you have a disorder which requires blood thinners Glucosamine may alter the INR readings. You should check with your GP beforehand.

There has been limited testing on pregnant or lactating women and further research needs to be done.

Glucosamine should not be used in place of medication prescribed for you by your doctor.



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***You are never
too old to set
another goal
or to dream a
new dream-***

C.S.Lewis

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