

INFLAMMATION

WHAT IS INFLAMMATION?

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it, the signs and symptoms of inflammation, specifically acute inflammation, show that the body is trying to heal itself. Inflammation does not mean infection, even when an infection causes inflammation. Infection is caused by a bacterium, virus or fungus, while inflammation is the body's response to it.

The difference between Chronic Inflammation and Acute Inflammation

Acute Inflammation - starts rapidly (rapid onset) and quickly becomes severe. Signs and symptoms are only present for a few days, but in some cases may persist for a few weeks.

Examples of Diseases, conditions, and situations which can result in Acute Inflammation include: acute bronchitis, infected ingrown toenail, sore throat from a cold or flu, a scratch/cut on the skin, exercise (especially intense training), acute appendicitis, acute dermatitis, acute tonsillitis, acute infective meningitis, acute sinusitis, or a blow.

Chronic Inflammation - this means long-term inflammation, which can last for several months and even years. It can result from:

- Failure to eliminate whatever was causing an acute inflammation.
- An autoimmune response to a self antigen - the immune system attacks healthy tissue, mistaking it (them) for harmful pathogens.

A chronic irritant of low intensity that persists.

Examples of Diseases and conditions with chronic inflammation include:

asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, chronic periodontitis, ulcerative colitis and Crohn's disease, chronic sinusitis, and chronic active hepatitis (and many more).

However, chronic inflammation can eventually cause several diseases and conditions, including some cancers, rheumatoid arthritis, atherosclerosis, periodontitis, and hay fever. Inflammation needs to be well regulated.

Five cardinal signs of Acute Inflammation - "PRISH"

Pain - Inflammation primarily causes pain because the swelling pushes against the sensitive nerve endings, which send pain signals to the brain.

Redness - this is because the capillaries are filled up with more blood than usual.

Immobility - there may be some loss of function.

Swelling - caused by an accumulation of fluid. Inflammation risk is much greater if you are obese. It drops when women lose weight.

Heat - as with the reason for the redness, more blood in the affected area makes it feel hot to the touch.

Possible Treatments For Inflammation

Anti-inflammatory medications. NSAIDs (non-steroidal anti-inflammatory drugs). Examples include naproxen, ibuprofen and aspirin. People should not use NSAIDs long-term without being under the supervision of a doctor, because there is a risk of stomach ulcers, and even severe and life-threatening hemorrhage.

Acetaminophen (paracetamol, Tylenol) can reduce pain associated with inflammatory conditions, but have no anti-inflammatory effects.

Corticosteroids - these are a class of steroid hormones naturally produced in the cortex (outer portion) of the adrenal gland.

Herbs have Anti-Inflammatory properties.

- Hyssop
- Ginger
- Turmeric

Other Treatments For Inflammation.

Applying Ice- do not place the ice in direct contact with skin, wrap it in a cloth or a purpose-made ice bag. Inflammation can go down more rapidly if you rest, apply ice, compression, and elevate the affected area.

Fish Oil (Omega-3)-daily consumption of fish oil, omega-3 reduced both inflammation and anxiety in a group of young healthy people.

Green Tea - regular green tea drinking enhances bone health and reduces inflammation in postmenopausal women.

Tart Cherries - have the highest anti-inflammatory content of any food.

<http://www.medicalnewstoday.com/articles/248423.php>

Five Foods to Fight Inflammation

1. Walnuts - Put a handful in cereal, eat them by themselves, or mix with dried fruit for a healthy and natural trail mix.

2. Curry - If you have time to cook your own curries or go to Indian or Thai restaurants where the dishes are made from scratch, then do.

3. Chia - Put the seeds in yogurt, cereal and muffins or leave them to stand in a glass of water with a touch of lime, and then drinking after a few minutes.

4. Pineapple - We should add it into our diets because it contains the anti-inflammatory enzyme bromelain. It's also high in vitamin C and tastes great fresh, frozen, and blended in smoothies.

Black Tea - It is rich in theaflavins and thearubigins, which have been shown to tame inflammation and even reduce cancer risk.

<http://www.supthemag.com/features/paddle-healthy/paddle-healthy-top-5-foods-for-fighting-inflammation/>

God Bless!