



healthy living

ADVERTISING FEATURE

health options
for the mature west
australian

Physiotherapy updates - would your body benefit from taking collagen?



by Robert Vander Kraats and Jeff Wong, physiotherapists

COLLAGEN is a major component of the human body. About 30 per cent of our total body protein is collagen and it is crucial

for mobile joints, dense bones, healthy muscles and strong tendons and ligaments.

Optimal collagen levels in the body are essential for smooth skin, strong fingernails and glossy hair. It is one of the primary structural proteins of connective tissue and is also abundant in blood vessels, intervertebral discs, the blood-brain barrier, eyes, teeth and the intestinal wall.

The *British Medical Journal* states that the global collagen market for regenerative medicine is

expected to be \$1 billion this year alone. The journal describes collagen as: "it helps to hold everything together, like the mortar between the bricks of a house."

Arthritis instantaneously causes collagen degradation, which will have an impact on many functions, including joint movement.

In a recent study published in the *Journal of Science and Medicine in Sport* the long term effects of collagen in individuals with knee osteoarthritis was investigated. Thirty subjects were ran-

domised into the group receiving 10g of collagen a day for 48 weeks and a control group were given a placebo. Three MRI scans were performed on each subject, one at baseline, one at 24 weeks and finally at 48 weeks. The group taking collagen has significant reduction of symptoms and clinical signs of osteoarthritis.

The *International Journal of Molecular Sciences* states that collagen production declines as people age. This decline can influence the signs of ageing, such as wrinkles,

sagging skin and a reduction in bone strength. While collagen loss as one ages is inevitable, various dietary and lifestyle factors can accelerate the process.

Download your free booklet on collagen, at www.ngp.net.au.

To see how evidence-based physiotherapy can assist in implementing an exercise program to assist with the effect of collagen loss, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff.



FOR people with chronic obstructive pulmonary disease (COPD), the

Volunteers wanted for lung disease research studies

symptoms and problems associated with the disease can have a debilitating impact on their quality of life. This chronic, progressive respiratory disorder can cause persistent coughing and repeated infections.

More people are being diagnosed with the lung condition but only limited treatment options are available. But there is hope through life-saving clinical trials that are undertaken at the Institute for Respiratory Health based

at the Harry Perkins Institute in Perth.

The Institute provides patients access to cutting-edge treatments and new medications unavailable elsewhere, entirely free of charge. Patients also receive specialised care from a clinical team who have a deep understanding of the patient's condition and provide personalised advice, care and support.

The Institute is currently looking for volunteers to participate in a new clinical trial.

If you've been diagnosed with COPD and suffer from a daily productive cough, you might be eligible to participate.

Why not get in touch? Every medical drug provided by your doctor or pharmacist today underwent a clinical trial. Not only will you be contributing to research that may change your quality of life but you may also save lives for people with the same condition for generations to come.

The Institute also needs volunteers for the following lung conditions – asthma, bronchiectasis, cystic fibrosis, emphysema, idiopathic pulmonary fibrosis, and alpha 1-antitrypsin deficiency.

If you have any of these health conditions, or know someone who does and wish to participate in a life-changing clinical trial, please call (08) 6151 0813 or via email admin@resphealth.uwa.edu.au.

Mobile app for knee osteoarthritis study - volunteers needed for research

STRENGTHENING exercise programs are recommended as a long-term management strategy for knee osteoarthritis, with individuals encouraged to undertake their exercises independently at home on a regular basis.

Technology, like mobile apps, may help support people to stick to their exercise program. The researchers are evaluating whether a mobile app (used on a smartphone) helps people with knee osteoarthritis achieve

better outcomes over the long-term after completing a short course of physiotherapy.

Researchers from the Centre for Health, Exercise and Sports Medicine at The University of Melbourne are looking

for volunteers to participate in an Australia-wide study which involves taking part in two telehealth consultations with a physiotherapist (using Zoom video-conferencing) for prescription of an individualised strengthening exercise program.

This study will help researchers better understand how technology can help support physiotherapy care for people with knee osteoarthritis. All participants will receive an individualised

strengthening exercise program, educational information, and resistance bands (at no cost) for exercising.

If you are aged over 45 years, have had knee pain on most days of the past three months and

regularly use a smartphone, then you may be eligible to participate in this research trial.

For further information and study registration, please visit the study website: www.mappkstudy.com.au.

Lip reading course

BETTER Hearing Australia WA is running a four-week Developing Lipreading course commencing Wednesdays in July from 2-3pm at Curtin University.

Interested people can contact barbara.alcock@betterhearingwa.org or text Barbara on 0448 320 126 for more information.

Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the

tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

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EXERCISE STUDY FOR KNEE PAIN



- Are you aged over 45 years?
- Have you had knee pain on most days for more than 3 months?
- Do you own a smartphone?

All participants receive:

- 2 x consults with a physiotherapist,
- Individualised strengthening exercise program,
- Educational & exercise resources,
- All at NO COST!

Further information & registration:

www.mappkstudy.com.au

