

PRESS RELEASE:

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Vitamin C helps with prevention of CRPS-I in traumatology and orthopaedic surgery.

Leiden - 5 September 2008 orthopaedic surgeon Paul Zollinger defended his PhD thesis at the Free University at Amsterdam, the Netherlands. His research focused on the role of Vitamice C in the prevention of CRPS-I. Research shows that 500 mg vitamin C daily reduces the chance for the occurrence of CRPS.

Complex regional pain syndrome type I (CRPS-I), formerly known as Reflex Sympathetic Dystrophy, can occur after a trauma to an arm or leg. CRPS is frequently seen after wrist fractures. The diagnosis of CRPS is based on clinical signs and symptoms. It is often characterized by unexplained diffuse pain, differences in skin colour and temperature relative to the other limb, diffuse oedema, and limited active range of motion. These signs and symptoms occur or increase after use and are present in an area larger than the area of primary trauma.

CRPS is one of the most important causes of invalidation after an injury to an extremity and the therapy is difficult, time consuming and costly. When it occurs it has a devastating impact on the patient in personal, social and economic view. The emphasis of treatment should therefore be on prevention.

In his thesis Zollinger, gives an overview of the evidence-based therapy of CRPS in an outline of the Dutch clinical practice guideline 'Complex regional pain syndrome type I'. A general exposé on the chemical, pharmacodynamic and clinical aspects of vitamin C (ascorbic acid) is presented. In two placebo-controlled randomized clinical trials Zollinger *et al.* show that 500 mg vitamin C daily, reduces the chance for the occurrence of CRPS after wrist fractures. In addition, this application of vitamin C is proposed in hand surgery as well.

The thesis titled: ***Vitamin C for prevention of CRPS-I in traumatology and orthopaedic surgery*** has been published by Sidestone Press and is now available at www.sidestone.com. The thesis contains an alphabetical list of the relevant literature and summaries in English, Dutch and German. The book may be of interest for a variety of health care professionals (general practitioners, physiotherapists, trauma and orthopaedic surgeons, etc.).

About the book “*Vitamin C for prevention of CRPS-I in traumatology and orthopaedic surgery*”:

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Note:

For more information about the author or the publisher please contact Sidestone Press at info@sidestone.nl.

