EXTRACTS

RUNNING TO KEEP KNEES HEALTHY

"It flies in the face of intuition," says Matt Seeley, co-author of a study published recently in the *European Journal of Applied Physiology*. His study indicates that healthy persons who run may actually be delaying the development of degenerative joint diseases such as osteoarthritis. So much for the view that long-distance running is bad for your knees.

Lead author Robert Hyldahl of Brigham Young University says, "What we now know is that for young, healthy individuals, exercise creates an anti-inflammatory environment that may be beneficial in terms of long-term joint health." The researchers analyzed the knee joint fluid of several healthy men and women age 18 to 35, looking at chemical markers for signs of inflammation before and after a 30-minute run. The analysis showed little difference, suggesting that the exercise may be a type of medicine for the joints, protecting them from inflammation.

[Dotinga R: Is Running Bad for Your Knees? *WebMD,* Jan 5, 2017]