

MEDICINE

Diet Will Not Cause Or Cure Arthritis

► THE CLAIM that you can eat your way into arthritis and eat your way out again is ridiculous, Dr. Russell L. Cecil, medical director of the Arthritis and Rheumatism Foundation in New York, reported.

"Extensive research has failed to show that the absence or presence of any food or vitamin will either cause or cure any form of arthritis. The one exception may be gout, which can be controlled in part by diet," he reported.

Careful medical examination of people who claim they have been helped with trick diets would show that most of them are self-diagnosed arthritics. Those who are properly diagnosed invariably learn that their relief from the disease is only temporary and came as a result of their desire to get well. Relief is often due to the fact that the disease fluctuates between painful peaks and quiet symptom-free stages, he reported.

When doctors do use diet in the treatment of arthritis, it is only to provide proper nutrition and not for the curative effects of any food, he added. A generous but well-balanced intake of food, including proteins, carbohydrates and fats with necessary minerals and vitamins, is favored.

A specific treatment for the disease has not been found because its cause is not known, Dr. Cecil reported.

"While there is no specific treatment for all arthritis sufferers, the drugs and the various therapeutic procedures now available mean that there is some form of treatment for every person with the disease," he added.

Dr. Cecil's report is contained in the new booklet "Diet and Your Arthritis," issued by the Arthritis and Rheumatism Foundation.

Science News Letter, June 8, 1957

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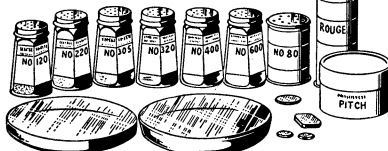


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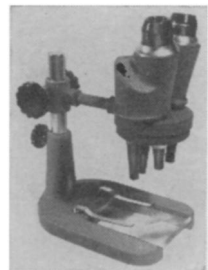
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