

Sports Nutrition and Ortho Congress

December 08-09, 2016 | Philadelphia, USA

Charcot neuroarthropathy following simultaneous pancreas-kidney transplant: A case report

Michael Wilson

WG (Bill) Hefner VA Medical Center, USA

Charcot neuropathic arthropathy of the foot (CF) is a fairly common and devastating complication normally found in patients with long standing, mostly uncontrolled, diabetes. Occurring in up to 10 percent of the diabetic population, CF is characterized by a relatively painless, progressive and degenerative bone and joint destructive process with neuropathy and trauma as essential components. The absence of normal proprioceptive and protective mechanisms results in pathological fractures, deformity, and ulceration, with potential for limb loss. In the diabetic patient, concomitant risk factors for the development of CF include vascular disease, neuropathy, limited joint mobility, previous foot ulcer or amputation and nephropathy. Simultaneous pancreas-kidney transplantation (SPKT) is an accepted approach and treatment of choice in patients with type I diabetes with accompanying end stage renal disease (ESRD). Documented cases in the literature reveal CF as a post-transplant consequence. Traditional post-operative immunosuppressive therapy is identified as an additional risk factor for the development of de novo CF after SPKT. This report describes an unusual case of a patient who presented with a case of full-blown CF deformity with ulceration soon after SPKT. Post-SPKT immunosuppression therapy, particularly the use of corticosteroids, is acknowledged as a causative influence for the development of neuroarthropathy leading to CF.

michael.wilson9@va.gov

Nutritional supplement use among school level athletes in Sri Lanka

Eashaan Dassanayaka

International Institute of Health Sciences, Sri Lanka

Introduction: Sports supplements use is seen among school athletes in Colombo but their actual practices and recommendations and associated risks are unknown. As well as the knowledge on the products they use is unknown.

Objective: To assess the knowledge and practices regarding approved and non-approved sports supplements and the knowledge on banned doping agents.

Methods: A descriptive study was done on 130 conveniently selected school athletes among leading schools in Colombo using a self-administered questionnaire.

Results: The sample population included 13.1% female athletes and 73.4% male athletes. The participants were from ages 15-20. From the majority, 62.3% took dietary supplements and 56.9% of the population took supplements without any doctor's recommendation. 13.1% would go to a physician to get information on supplements. 48.5% believes that supplements are right for them out of which 58.7% relied on the supplement label to select the right supplement. 50% believes that energy drinks can improve sports performance. 56.9% agrees that with doping body shape and muscle mass can be increased. 55.4% agrees that doping can cause harm to the user. 46.2% disagrees that taking a doping agent is an ethical deed. Also 45% disagrees respecting individuals who drug dope. 2.3% from the sample have taken a banned substance.

Conclusions: The use of nutritional and sports supplements are common among school level athletes, also majority is aware of the risks. But given the circumstances if they are provided with the substance they are ready to use them.

eashaandassanayaka@gmail.com