



# HEALTH



with

# Dr. A. Kumar

## Know about Sciatica Pain

**What is sciatica pain?** In general medical terms, it is a kind of leg pain and possibly tingling, numbness or weakness that originates in the lower back and travels through the buttock and down the large sciatic nerve in the back of the leg.

**Symptoms:** Sciatica pain may have one or more of the following symptoms:

- Continuous pain in only one side of the buttock or leg.
- Pain worsens when sitting.
- Burning or tingling down the leg.
- Weakness, numbness or difficulty moving the leg or foot.
- A sharp pain that may make it difficult to stand up or to walk.
- Pain that feels better when patients lie down or are walking, but worsens when standing or sitting.
- Some experience a “pins-and-needles” sensation, numbness or weakness, or a prickling sensation down the leg
- Sciatic pain can vary from infrequent and irritating to constant and incapacitating. Specific sciatica symptoms also vary widely in type, location and severity, depending upon the condition causing the sciatica.

**Most Common Causes of Sciatica:**

- Lumbar herniated disc.
- Lumbar spinal stenosis
- Degenerative disc disease

- Isthmic spondylolisthesis
- Piriformis syndrome
- Sacroiliac joint dysfunction
- During Pregnancy
- If scar tissue compresses the nerve root, it can cause sciatica.
- Muscle strain: In some cases, inflammation related to a muscle strain can put pressure on a nerve root and cause sciatica.
- Spinal tumor: In rare cases, a spinal tumor can impinge on a nerve root in the lower back and cause sciatica symptoms.
- Infection: While rare, an infection that occurs in the low back can affect the nerve root and cause sciatica.

**Non-surgical Treatments for sciatica:**

- Heat and or Ice: For acute sciatic pain, heat and/or ice packs are can help alleviate the leg pain, especially in the initial phase.
- Sciatica Pain Medications: Over-the-counter or prescription medications may also be helpful in relieving sciatica.
- Epidural Steroid Injections for Sciatica: If the sciatica pain is severe, an epidural steroid injection can be performed to reduce the inflammation.

**Alternative Sciatica Treatment :**

- Chiropractic/Manual Manipulation: Spinal adjustments and manual manipulation performed by appropriately trained health professionals (such

as chiropractors, osteopathic physicians, physical therapists) are focused on providing better spinal column alignment, which in turn should help to address a number of underlying conditions that can cause sciatic nerve pain.

- Acupuncture: The practice is



centered on the philosophy of achieving or maintaining well being through the open flow of energy via specific pathways in the body. Hair-thin needles are inserted into the skin near the area of pain.

- Massage Therapy: Certain forms of massage therapy have been shown to have a number of benefits for back pain, including increased blood circulation,

muscle relaxation, and release of endorphins.

**Home remedies:**

- Under the medical supervision, back strengthening exercises are really helpful in controlling the pain.
- Vitamin B1 and garlic are also helpful in controlling the pain.
- Drink elderberry juice and elderberry tea to help out with the pain.
- Water can also improve circulation and reduce the pain of a painful sciatica condition.
- The juice taken out of celery leaves and potatoes when combined together can offer an effective relief from the sciatic pain. In case you can not manage to drink the juice, you may go for a cup of celery tea as it also offers some strong benefits.
- Consume raw garlic as it is known to offer relief from all kind of pains and aches. It is also a good source of anti-oxidants.
- Consuming garlic milk is also very effective. You just have to mince two cloves of garlic in ½ a cup of milk. Drink the concoction at least two times every day and you will get to see the results in just a week.
- Use of freshly minced horseradish poultice may be very helpful. Apply it on the affected area and keep it there for an hour. This helps stimulate the sciatic nerve and

offers a much needed relief from the pain.

- Drinking water is one of the best forms of natural treatments that can offer the much needed sciatic pain relief. Water helps in circulation which facilitates relief from the pain.
- Another wonderful way to improve circulation and get relief from the sciatic pain is to take a shower or a long hot bath and follow it with a short cold shower. It can help you improve the blood circulation in the body and reduce the pain. If you take hot and cold compresses together, they too can benefit you a lot.
- Never forget that sciatica can only be relieved through a good diet, some exercise as well as proper care along with the medical procedures.
- To avoid suffering from this pain one should sleep on a firm mattress and adapt a good posture while standing or sitting and avoid lifting heavy objects.

Source & Ref. Spine health and home remedies for you URLs.

**For all chronic or other diseases like migraine, headaches, Obesity, skin diseases, Eczema, leucorrhoea, arthritis, general weakness, diabetes, Anemia, male and female sexual problems and others, consult free and contact Dr. Kumar through The Asian World.**

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**If you have any health issues or stories, please email us at: [drkumar@theasianworld.co.uk](mailto:drkumar@theasianworld.co.uk)**

## GENE TESTING YOUNG PROSTATE CANCER PATIENTS COULD HELP TARGET TREATMENT

Routinely testing for a faulty BRCA2 gene in under-65s with prostate cancer could help identify men who could benefit from new types of targeted treatment, new research published in the British Journal of Cancer.

The study, funded by Cancer Research UK and Prostate Action and led by The Institute of Cancer Research, shows that one in 100 men who are diagnosed with prostate cancer under the age of 65 has a faulty BRCA2 gene.

The researchers said that such patients could be prioritised for clinical trials of new targeted therapies like PARP inhibitors. PARP inhibitors are already showing considerable promise in patient trials for cancer linked to BRCA mutations, which includes some breast and ovarian cancers. PARP inhibitors block PARP, a protein which helps repair damaged

DNA. Cancer cells have damaged DNA and rely on PARP to repair it but PARP inhibitors helps to stop this from happening – so tumours either stop growing or shrink. Study author Professor Ros Eeles from The Institute of Cancer Research said: “Our study shows that men diagnosed with prostate cancer at a young age have a higher chance of carrying a faulty BRCA2 gene.

“With the arrival of PARP inhibiting drugs to target tumours with BRCA mutations, there may be benefits from routinely testing prostate cancer patients diagnosed before 65 for this gene fault. “Prostate cancer patients with this gene fault also tend to have a poorer prognosis so we are also studying whether BRCA2 mutations are more common among patients with more aggressive disease. “Ultimately, we hope to develop

a full clinical picture of BRCA2-linked cancers, which will help us to work out the best way to treat these patients.”

The researchers analysed the entire genetic code of the BRCA2 gene in blood samples of almost 2,000 men with prostate cancer.

They hoped to find out whether this faulty gene was linked to developing prostate cancer at a young age.

Age is the biggest risk factor for prostate cancer – more than half of all cases of the disease are diagnosed in men over 70. It is quite rare in men under 50. Around 9,500 men under-65 are diagnosed with prostate cancer each year – about a quarter of all cases in the UK.

The results showed that over one per cent of men in the study (1 in 100) with prostate cancer had a faulty BRCA2 gene.

All these BRCA2 genetic mutations were in men diagnosed under-65, which suggests that this finding is important in prostate cancer cases in younger men.

A faulty BRCA2 gene was linked to an eight-fold increased risk of prostate cancer by the age of 65. The risk of a man getting prostate cancer under the age of 65 is just below two per cent (around one in 50). For men under-65 with a BRCA2 gene fault this rose to 15 per cent (one in seven).

Dr Lesley Walker, director of cancer information at Cancer Research UK, said: “Once gene testing becomes faster and cheaper, this study suggests that a new range of treatments could potentially open up for some prostate cancer patients.

“Cancer Research UK has funded researchers across the country, including those at the ICR, to

develop drugs like PARP inhibitors which target breast and ovarian cancers caused by specific faulty genes.

“It would be great if we could use these drugs to treat prostate cancer as well.”

Emma Malcolm, chief executive of Prostate Action, said: “One of the biggest single issues in prostate cancer lies in developing more accurate diagnostics so that men can be treated more effectively, especially identifying those men that are at a higher risk of developing the disease. This discovery of increased prostate cancer risk in men with a mutation in the BRCA2 gene may lead to more treatment options for men in the future.”

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