

Fast Facts

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In a survey of college students, 38% reported back pain within the past school year. The factors most strongly associated with back pain were presence of chronic fatigue and being in an emotionally abusive relationship.

Gilkey DP, Keefe TJ, Peel JL, Kassib OM, Kennedy CA. Risk factors associated with back pain: a cross sectional study of 963 college students. *J Manipulative Physiol Ther* 2010;33(2):88-95.

Through meta-analysis, the investigators found that the risk reduction associated with the daily consumption of most statins is more powerful than the risk increase caused by the daily extra fat intake associated with a 7-oz hamburger (Quarter Pounder®) with cheese and a small milkshake. They concluded that statin therapy can neutralize the cardiovascular risk caused by harmful diet choices and suggest offering complimentary statin packets along with condiments in fast food restaurants.

Ferenczi EA, Asaria P, Hughes AD, Chaturvedi N, Francis DP. Can a statin neutralize the cardiovascular risk of unhealthy dietary choices? *Am J Cardiol* 2010 Aug 15;106(4):587-592.

The first study to systematically separate out the effects of red unprocessed meat from processed-meat products has shown that the former is not associated with an increased risk of coronary heart disease or diabetes. Eating 50 g of processed meat per day—the equivalent of one typical hot dog or 2 slices of deli meat in the US—was associated with a 42% higher risk of CHD and a 19% risk of diabetes.

Micha R, Wallace SK, Mozzafarian D. Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and meta-analysis. *Circulation* 2010; 121:2271-2283.

In a representative sample of US children from the National Health and Nutrition Examination Survey, those with higher levels of organophosphate pesticide metabolites in the urine—indicating increased exposure—were more likely to have attention-deficit/hyperactivity disorder (ADHD) than children with lower levels.

Bouchard MF, Bellinger DC, Wright RO, Weisskopf MG. Attention-deficit/ hyperactivity disorder and urinary metabolites of organophosphate pesticides. *Pediatrics* 2010;10.1542/peds.2009-3058.

Use of proton pump inhibitors is linked to *Clostridium difficile* infection. Increasing levels of pharmacologic acid suppression are associated with increased risks of nosocomial *C. difficile* infection and the dose-response effect supports a causal link in the development of this potentially life-threatening infection.

Howell MD, Novack V, Grgurich P. Iatrogenic gastric suppression of and the risk of nosocomial clostridium difficile infection. *Arch Intern Med* 2010;170(9):784-90.

Epidemiological studies suggest that risk factors for multiple sclerosis include latitude, exposure to the sun, and vitamin D status. Based on an analysis of the cumulative significance of current findings, the authors conclude that it is likely that hypovitaminosis D is one of the risk factors for multiple sclerosis.

Pierrot-Deseilligny C, Souberbielle JC. Is hypovitaminosis D one of the environmental risk factors for multiple sclerosis? *Brain* 2010;133(Pt 7):1869-88.

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