

## ***Active Living with Arthritis Podcast #6***

### **The Relationship Between Inflammation, Arthritis, and Nutrition**

#### **Show Summary**

What we eat affects how inflammation occurs in the body and, as a result, our arthritis. Dr. Kristin Baker, PhD in Nutrition Science and ENACT investigator talks about what is currently known about inflammation and nutrition. Hear from our expert more about what we currently know about the effect of Omega 3s and added sugar.

#### **Show Outline**

Welcome

Active Living with Arthritis Podcast

Mission: To bring you evidence-based information related to arthritis and rehabilitation.

Organization: The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT)

Located at Boston University's College of Health and Rehabilitation Sciences: Sargent College.

Mission: "To enhance the lives of people with arthritis through research, training and community-based activities. ENACT strives to change the paradigm for arthritis research and intervention from a focus on disease and limitation to a focus that emphasizes active living and participation."

Host: Karen Jacobs, EdD, OTR/L, CPE, FAOTA. Clinical Professor of Occupational Therapy at Boston University.

Guest: Kristin R. Baker, PhD in Nutrition Science

Composer: Sara Crandall, DPT

Faculty mentor: Julie J. Keysor, PT, PhD

Join a discussion of this podcast with [ENACT on Facebook](#)

#### **Inflammation, Arthritis, and Nutrition**

*Omega 3's:*

**Resource:** Further scientific readings on the health benefits of Omega 3's and comparison of pasture, wild, and confinement raised meats:

<http://www.eatwild.com/references.html>

**Resource:** Scientific reading notes limitations in design of Omega 3 studies showing no benefit

<http://online.wsj.com/article/SB10000872396390444592404578030391175619824.html>

*Sugar:*

**Resource:** American Heart Association

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates UCM 303296 Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates_UCM_303296_Article.jsp)

**Resource:** Link to heart disease

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates UCM 303296 Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates_UCM_303296_Article.jsp)

*Recipes:*

**Resource:** Eating Well Recipe page

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_omega\\_3\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_omega_3_recipes)

**Resource:** Bon Appetit Recipe page

[http://www.bonappetit.com/recipes/slideshows/2009/07/omega-3\\_recipe\\_slideshow](http://www.bonappetit.com/recipes/slideshows/2009/07/omega-3_recipe_slideshow)

**Resource:** Granola Recipe

[http://www.bonappetit.com/recipes/2009/02/quick\\_omega\\_three\\_granola](http://www.bonappetit.com/recipes/2009/02/quick_omega_three_granola)

Check back soon for the next podcast! Upcoming topics include strategies to sustain your career with arthritis and rehabilitation interventions for arthritis.

### **Contact Information**

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### **Additional Resources**

[Arthritis Foundation- Types of exercise](#)

[Arthritis Foundation- Online exercise guides](#)