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- Engineering
- Games
- Health
- Gadgets
- Nature
- Film
- Sport
- Music
- Travel
- IT & Web
- News
- Healthy Eating
- Body & Mind
- Medicine
- Mens' Health
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Paracetamol could slow bone growth

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One of the most common pain relieving medications could be contribute to slow bone growth.

Research conducted by the Department of Nursing at the University of Granada, Spain, showed that paracetamol could be stunting skeletal healing, as explored by 'in vitro' (test tube) studies.

Author of the study, Olga García Martínez, analysed several of the clinical processes in which speeding up bone growth is important, such as after the placement of a prosthesis or dental implant.

García Martínez warned: "Certain anti-inflammatories such as paracetamol should be cautiously taken, especially in situations which require a rapid bone tissue regeneration.

"Other anti-inflammatories which have no effects on bone growth should be used instead."

Her in vitro work was carried out on osteoblasts (cells involved in bone regeneration) obtained by taking bone samples.

The author tested the effects of paracetamol on bone cells in a culture, as well as testing the application of a plasma gel on bones, which accelerated their growth, without affecting other cell parameters such as the cell cycle or the antigenic profile.

By using a plasma gel, the technique is uncomplicated involving fewer risks for the patient who will recover from bone defects more quickly.

García Martínez states that the treatment could also be used on other kinds of cells such as fibroblasts (collagen producing skin cells), and can therefore be used not only on bones but also on soft tissue, which would help to heal wounds and ulcers.

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