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Paracetamol hinders the growth of the bones

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In vitro' studies prove that taking Paracetamol, one of the most used analgesics, can slow down the growth of the bones. It was also found that applying plasma rich in growth factors accelerates bone regeneration.

Department of Nursing of the University of Granada showed that Paracetamol, a widely used painkiller for a simple molar pain to pain caused by bone fractures slows down the process of bone regeneration.

The study was carried out by Olga Garcia Martinez, who conducted it on osteoblasts (cells involved in bone regenerating processes), obtained via bone samples. Her analysis takes as a starting point several clinical processes in which accelerating bone growth is required.

"Certain anti-inflammatories such as paracetamol – warns the researcher – should be cautiously taken, specially in situations which require a rapid bone tissue regeneration, such as after placement of a prosthesis or dental implant. Other anti-inflammatories, which have no effects on bone growth, should be used instead," she said.

Results of her work cannot be confirmed in humans but 'in vitro' research shows without a question that paracetamol slows down bone regeneration.

Apart from the effects of paracetamol on bone cells in culture, Maritnez also studied the effect of plasma rich in growth factors (obtained from patients' own blood and after a spinning process).

Application of this plasma gel on bones accelerates their growth, without affecting other cell parameters such as the cell cycle or the antigenic profile. It is therefore an easy technique, which involves few risks for the patient, who will recover from bone defects more quickly.

Even though her work has been carried out on osteoblasts, Garcia Martinez states that it could also be used on other kinds of cells such as fibroblasts, and can therefore be used not only on bones but also on soft tissue, which would help to heal wounds and ulcers.

The study appears in the prestigious scientific journals "Bioscience Reports", "Oral Diseases" and "Physiology and Biochemistry", among others.

(medindia.com)

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