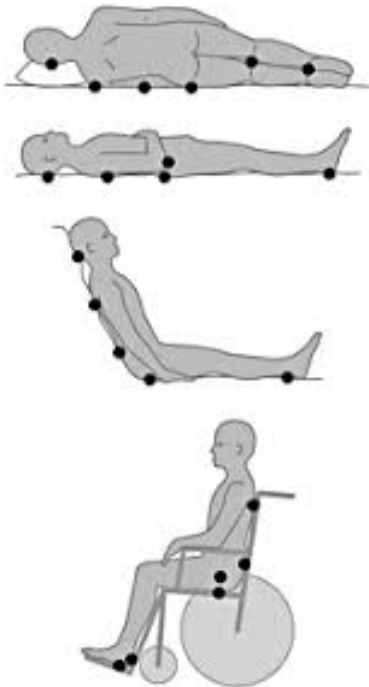


Effects of Hydrogen-rich water on Pressure Ulcers

-What are pressure ulcers?



Pressure ulcers (also known as pressure sores or bedsores) are injuries to the skin and underlying tissue, primarily caused by prolonged pressure on the skin.

This can happen to anyone, but usually affect people confined to bed or who sit in a chair or wheelchair for long periods of time.

Pressure ulcers can affect any part of the body that's put under

pressure. Pressure ulcer (PU) is common in the immobile elderly or other immobile patients suffering from diseases such as spinal cord injury, amyotrophic lateral sclerosis, multiple sclerosis, and muscular dystrophy, etc. Furthermore, aged and weak bedridden patients belong to a high risk population for PU. Fundamentally, it is usually pointed out that social, psychological and financial expenses for PU are immeasurable. It was a primary research task to explore a cheap but effective preventive and curative method for PU. A study found that hydrogen water intake via tube feeding was an effective means for wound healing of PU patients

- How Hydrogen works?

Molecular hydrogen (H₂) has a beneficial influence on the gastrointestinal tract. Hydrogen water absorbed by the gastrointestinal tract plays an important role in oxidative-stress reduction, extracellular matrix reconstitution, and anti-inflammatory effects. Molecular hydrogen can act as a scavenger of ROS. Hydrogen water improves allograft

function, slow the progression of chronic allograft nephropathy (CAN), reduces oxidant injury and inflammatory mediator production, and improves overall survival. Studies have showed that some free radicals inhibits the wound healing process. Molecular hydrogen can easily pass through the small intestine villi into the human body inside the blood stream, because its molecular weight is the smallest of all molecule species, and it has gaseous and electrically neutral properties, as well as it shows a strong diffusion capacity.

Additionally, apoptotic cells can stimulate proliferation, wound healing, and tissue regeneration. Administration of hydrogen water can reduce apoptosis.

In conclusion, hydrogen water may improve wound healing and maintain a better health condition for PU patients than before.



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