

newsworthy trends

New Treatment For A Medical Condition

(NAPSA)—It's a tunnel that leads to pain, numbness and frustration. Carpal tunnel syndrome—a type of repetitive stress injury—is being reported with growing frequency in offices and on assembly lines.

Fortunately there is some good news as well. Here are a few fast facts.

- The condition is also known as median nerve dysfunction. It results from the compression of the median nerve at the wrist. The median nerve supplies sensation to the thumb-side of the palm of the hand and to the thumb, index finger and the thumb-side of the ring finger.

The nerve enters the hand through a gap formed between the wrist bones. These are also known as the carpal bones, thus the term carpal tunnel.

- Injury or trauma to the area can cause swelling of the tissues. The tunnel between the bones is rigid so swelling of any tissues can compress the nerve.

- This swelling of the carpal tunnel area can be caused by repetitive movement of the wrist.

- The injury can be caused by a wide range of activities, including typing, assembly-line work, racquet sports, painting, writing or similar activities.

- Symptoms include weakness in one or both hands, a numbness or tingling in the thumb or fingers, joint pain and a weak grip.

- While some find relief from



Repetitive stress injury syndrome occurs most often in women 30 to 60 years old.

the symptoms with an injection of steroids—or in extreme cases, surgery—the treatment most recommended is a change in lifestyle or working conditions.

- A growing number of people are finding relief from symptoms by using specially designed gloves. The gloves—called Handeze—are also used by people who have arthritis, tendinitis and poor circulation. The form-fitting design of the gloves, which are made from a stretch fabric treated with the Med-A-Likra process, traps natural body heat, raising the blood temperature in the fingers, hands and wrists.

The gloves, which have received the National Home Gardening Club Seal-Of-Approval, are made by Dome Industries. To learn more, call 1-800-432-4352.