

# RESEARCH ROUNDUP



It's our goal here at *Good Health Lifestyles* to bring you the latest in cutting-edge research for a variety of common health issues. Because we believe that knowledge is power—especially when it comes to health—we are digging deeper into the exciting new research from leading medical journals and breaking it down to help you get the most from today's science.

## Sweet Treatment for Serious Burns

### THE STUDY ABSTRACT:

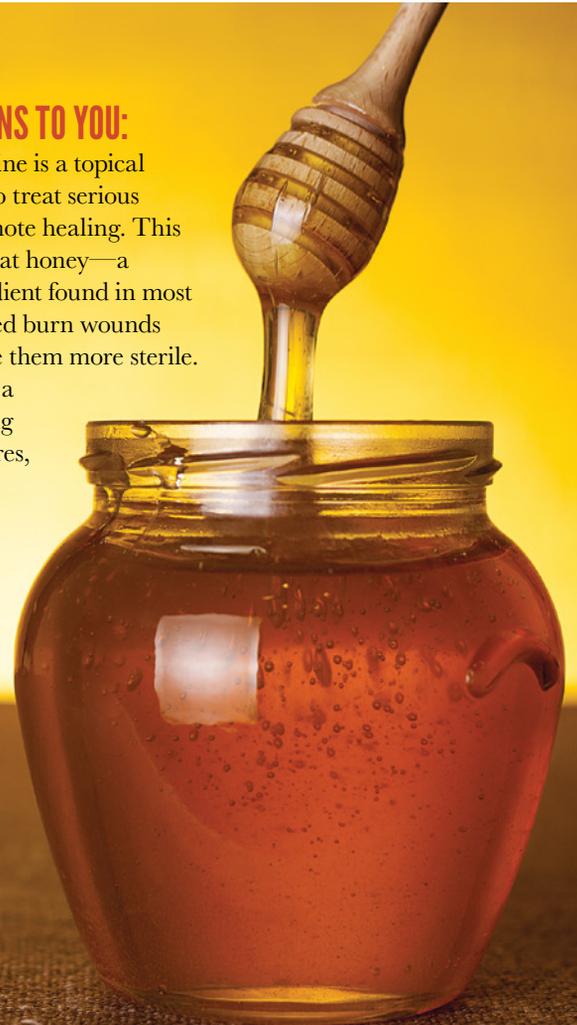
**The effects of honey compared to silver sulfadiazine for the treatment of burns: A systematic review of randomized controlled trials.**

Evidence from animal studies and trials suggests that honey may accelerate wound healing. The objective of this review was to assess the effects of honey compared with silver dressings on the healing of burn wounds. Relevant databases for randomized controlled trials (RCTs) of honey compared with silver sulfadiazine (SSD) were searched. The quality of the selected trials was assessed using the Cochrane Risk of Bias Assessment Tool. The primary endpoints considered were wound healing time and the number of infected wounds rendered sterile. Nine RCTs met the inclusion criteria. Based on moderate quality evidence there was a statistically significant difference between the two groups, favoring honey in healing time (MD -5.76days, 95% CI -8.14 to -3.39) and the proportions of infected wounds rendered sterile (RR 2.59; 95% CI 1.58-2.88). The available evidence suggests that honey dressings promote better wound healing than silver sulfadiazine for burns.

Source: Aziz Z, Abdul Rasool Hassan B. *Burns*. 2016 Aug 27. pii: S0305-4179(16)30210-8.

### WHAT IT MEANS TO YOU:

Silver sulfadiazine is a topical typically used to treat serious burns and promote healing. This review found that honey—a common ingredient found in most kitchens—healed burn wounds faster and made them more sterile. In the summer, a season of grilling out and campfires, burns can be a frequent fact of life. With honey, you have an effective, on-hand method of stopping the pain and potential infections of burns within easy reach.



## Natural, Effective Bronchitis Buster

### THE STUDY ABSTRACT:

***Pelargonium sidoides* for acute bronchitis: a systematic review and meta-analysis.**

**OBJECTIVE:** To critically assess the efficacy of *Pelargonium sidoides* for treating acute bronchitis.

**DATA SOURCES:** Systematic literature searches were performed

in 5 electronic databases: (Medline (1950 - July 2007), Amed (1985 - July 2007), Embase (1974 - July 2007), CINAHL (1982 - July 2007), and The Cochrane Library (Issue 3, 2007) without language restrictions. Reference lists of retrieved articles were searched, and manufacturers contacted for published and unpublished materials.

**REVIEW METHODS:** Study selection was done according to predefined criteria. All randomized

clinical trials (RCTs) testing *P. sidoides* extracts (mono preparations) against placebo or standard treatment in patients with acute bronchitis and assessing clinically relevant outcomes were included. Two reviewers independently selected studies, extracted and validated relevant data. Methodological quality was evaluated using the Jadad score. Meta-analysis was performed using a fixed-effect model for continuous data, reported as weighted mean difference with 95% confidence intervals.