

# **JIM C – HEALTH TERMS**

## **MONDAY - 02/02/2009**

**Foods affect inflammation in complex and unpredictable ways.**

**HOW DID THE TERM “*INFLAMMATION*” ORIGINATE?**

*American Heritage Medical Dictionary:* A localized protective reaction of tissue to irritation, injury, or infection, characterized by pain, redness, swelling, and sometimes loss of function.

*Online Etymology:* Inflammation - 1340, "to set on fire with passion," figurative use of Latin inflammare "to set on fire, kindle."

Literal sense of "to cause to burn" first recorded in English 1382.

Inflammation "redness or swelling in a body part" is from 1533.

*History:* The defining clinical features of inflammation have been known in Latin as rubor (redness), calor (warmth), tumor (swelling) and dolor (pain). These hallmarks of inflammation were first described by Celsus -- Aulus (Aurelius) Cornelius, a Roman physician and medical writer, who lived from 30 B.C. to 45 A.D.

*Clarification:* When inflammation occurs normally, chemicals from the body's white blood cells are released to protect us from foreign substances. Sometimes, however, the white blood cells and their inflammatory chemicals cause damage to the body's tissues.

**Conventional Wisdom: Inflammation = The Root of All Disease**

**Moment of Zen: Healthy lifestyle habits reduce inflammation**