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THE INFLUENCE OF MEDICINE AND SPORTS ON THE HUMAN HEALTH

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Abstract

The greatest international forms with a social-human character (UNESCO) have long ago called for our attention on the fight against sedentariness (lack of movement), on the fight for the defense of the human health (inappropriate food chemically treated), on the fight against the venereal disease (AIDS), on the fight against the doping, the disease of the millennium- the internet, and not least on the fight for the protection of the environment.

It is highly necessary that the state institutions become more intensely preoccupied and comparing (with the civil society) with the promotion and the defense of the human rights to study, work, freedom, movement and health. In this respect, the work has been conceived as an essay.

Key words: health, education, communication, sport

History

When we refer to the issue of medical and sports ethics we mean education, the moral profile of the society we are living in. The contribution of the doctors in promoting the idea of doing sports was present since the Antiquity.

Nufeland (18th century) advanced the concept of the "Art of extending life" among other means such as hygiene, nutrition, rest, and recommended the physical exercises from a young age, long walks, running, climbing, swimming etc., to reinforce health and develop courage and initiative.

Ștefan Matyus (18th century) a Hungarian from Targu-Mureș, wrote a paper recommending the physical education of the body in order to keep healthy and strong. It is the first work in the field to recommend the physical education in a complete educational context, written on the Romanian territory.

Francis Fuller, an English doctor, states in *Medicina Gymnastica* that health depends on the strengthening of muscles and bones, through physical exercises; the latter were considered therapeutic methods.

Education in Athens (the birth of Olympism) was aiming at making a good soldier out of every citizen; for this reason they would practice Gymnastics between 14-18 years of age in institutions named "palestras", while being completely naked. The training used to be done under the leading of gymnasts, who also had medical knowledge.

Hypocrat established a general rule of conduct in the medical field, the Hippocratic oath being a source of wisdom for success in the noble profession of doctor.

Throughout time, the contemporary life has evolved with its ups and downs, the classical lifestyle has started to disappear and the individual social life has arisen: long corridors, computer programming, other daily pleasures, globalization.

In sports, as in other fields, we can state, fully agreeing with Socrates, that "Science without conscience is the soul's perdition".

Socrates, a legendary historical figure, who created an entire age through his thinking and deed, was born in Athens in the 4th year of the 77th Olympiad and died in the 1st year of the 95th Olympiad.

The development of the modern Olympiad is due to the French baron Pierre de Coubertin. In 1892 and 1894, he organized two international conferences in Sorbonne, where, in front of the representatives of 9 different countries, he presented the idea of the renaissance of the Olympic movement. Thus, on March 25th 1896, in the capital of Greece, approximately 300 athletes of 13 countries took part in the first modern Olympic

competition, which gathered 9 different sports: athletics, swimming, cycling, gymnastics, fencing, shooting, tennis, wrestling and weightlifting. The first legends of the modern athletics were born here, namely: the Greek Spyros Louis – who became after the Olympiad a true national and global hero – he managed to win, without special training, the gold medal in the marathon.

It was Pierre de Coubertin's idea to define the Olympic flag. He grouped 5 colored circles on a white surface. The circles represent the union of the 5 continents, through their athletes participating in the Olympic Games. The Olympic flag was used for the first time during the games in Antwerp, in 1920.

Another very important Olympic symbol is the torch. The tradition of fire dates back from the Antiquity, when a sacred flame, originally lit by the Sun, would burn permanently on the altar of goddess Hera. The Olympic flame was used in the Olympic Games for the first time, in Amsterdam, in 1928.

2004 was an Olympic year, the games taking place in Athens, the birth place of the Olympism. Sport still withstands the development of the moral and human judgement, but medicine also has an important role in defending these values.

Time and Physical and Mental Recovery

Time is seen as a resource that conditions, sizes and limits the extent of needs. It is precisely the limited aspect of time that is a constraint which can be satisfied at a certain moment, as well as the quantity and quality of results we can produce. The activity at home, during leisure time involves the following: active rest, passive rest, correct nutrition, various concerns, etc. The essential functions of leisure, from the individual's perspective are the following; time allowed for entertainment; time for the development of human personality.

The educational values complete one another, combine themselves, to determine in the end the purpose value, namely the development of personality, capable of receiving what is new and of complying with the newly arising situations. The complexity of the contemporary life and the fast pace that man must follow to adapt to globalization, internet (rapid information), various pleasures (looking for the unknown), health, stress, environment etc, lead to a high energy consumption, to an intense stress of the nervous system. The new life and work conditions ask for compensation elements in order to prevent or fight the neuropsychiatric disorders, overworking or fatigue.

Physical Education and Sport, besides developing a beautiful and healthy body, also develop the human side; medicine comes in their defense. When referring to doping, considering the gravity, the complexity and the implications of this phenomenon, the fight against doping is fought on various plans: institutional, legislative, educational. The State, through its institutions is the one giving the social orders to eradicate this phenomenon, and at the same time offers the necessary levers to develop and protect the health of the people it serves.

A number of actions aim at informing people on the effects of doping, the experts stating clearly it is dangerous, against the medical and sport ethics showing that, besides its stimulative effects, they also have negative effects (ulcer, injuries, brain hemorrhage, cardiovascular accidents, liver problems, kidney problems, etc), affecting the life of the individual.

Sport and Medicine

It has been proved that the lack of movement, a sedentary life, may determine, even to young people, a considerable stiffness of the joints or members. The energetic requirements necessary to fulfill everyday tasks will be reduced, and your body will be able to resist to effort for a longer period, by increasing the physical effectiveness. The structural elements of the human body are the joint capsule shells, and the muscles that narrow, squeeze and atrophy by lack of exercise. The development of small pleasures in pupils, from a young age, the pleasure to exercise, the physical voluntary effort reinforces for later - the need to exercise between necessity and reality with compensation consequences, on the human body, at the level of position requirements, neuropsychiatric, functional, concentrating on the central and the autonomic nervous system.

The leisure time activities include a set of activities to which the individual can pay total attention, or just to relax and rest, to develop his body somatically and functionally. The benefits of Physical Education and sports as a guide for leisure time activities through practice offer result in: social integration (children and young people from different social categories in high risk); creating a lifestyle model for health, to get a high physical and mental potential; ensuring the necessary information in the youth's fields of interest (exercises, nutrition, relaxation, health, offered services). The pupils' have a high interest in physical education for the health benefit and relaxation. Thus the educational offers and services must be considered as such, not like the commercialization of sport. The development of professional sport and of its financial interests led to changes in the managerial organization. Some authors consider that, in a pessimistic tone, sports cannot dominate or educate, but it serves and reflects the interests of the society, including deviations and violence, serve and reflect the interests of the company

It is time that the state institutions got involved in defending these values. The mass sport must be a way of shaping the human phenomenon. It must resist to the social need of movement health and recovery. In our

country these values are on the point of disappearing; regular mass competitions such as "Sport for everyone" and "Sport and Health" have started disappearing:

The starting point of the health needs of a people is the young generation; if we have a healthier young generation, we will have a sedentary adult population. The health state of a people shows the power of that society: "if the body has it – medicine supports it - the mind resists"

When referring to the concerns aimed at setting some rules that should be observed it is necessary to focus our attention on the history of the Romanian athletes participating in the Olympic Games. During the 17 Olympiads they have taken part in, the Romanian athletes won 74 gold medals, 83 silver medals and 108 bronze medals. The first gold medal was won by Iosif Sârbu, in the shooting event of Helsinki, and Nadia Comăneci became, in 1976 in Montreal the first gymnast in the world to get the maximum grade - "10". Besides this, she received 7 times a 10 and won 3 gold medals, a silver medal and a bronze medal, making history for the Olympic Games.

In the contemporary reality, medicine by its institutions, still hopes that the high performance sport is not a deviant factor of the culture built by our ancestors, who considered only the beneficial effects of sport activities.

In sports, the world is an open stage, but when it comes to the high performance sports it is even more complex and full of events : financial, passionate, image events, that sometimes surpass the boundaries of the normal. Sport is the living picture of human passions, it is lived and assisted; medicine sees with the mind's eye, it is lived and assisted. Both sciences are competing, translated by hope, and hope means enthusiasm. These two currents, medicine and sports, should be fighting together for principles such as *do not lose your enthusiasm, do not cross the boundary of what is normal* ; they should develop in the same direction, following the same teaching trend, the same perspective and wisdom.

Throughout the years, numerous Romanian intellectuals contributed to a campaign referring to professional activities, dealing with the way to take care of human health through sports. In this respect, a sports park was built in our country in 1937, at the initiative of Iuliu Hațeganu, from the Faculty of Medicine of Cluj; it was supposed to support the sports activities (the cheapest medicine).

The Government departments, the media, aim, through their commercial purpose, to promote on the market ways of reaching outer beauty, and offer very little programmes to form and educate the human character.

The pedagogical and didactic potential of pedagogy and other social fields must be used to prevent and fight against vices that mitigate the inner health and beauty of the human being.

In the spirit of the European Charter for Sports, an international convention that Romania is part of, the Government must take action to integrate the young people in society. There are enough reasons to help young people to define their personality through sports:

- they are more aware of the importance of movement in their life, than the adults think;
- they are motivated enough (inner motivation) to practice a more sustained physical activity, than the one they practise at present;
- the sportsmen they like are their models for this;
- for most of the young people, the concept of life is that of practising sports and therefore the health;

We have the power to give every individual a noble heart, a harmonious and vigorous body. For this reason we have to get involved in this matter, with educational programs that fit the current requirements which are increasingly acute.

We must not rely only on direct information: lectures, symposiums, newsletters, internet etc. On the practical level, the dimension of these is translated through competitions like: olympism and victory; olympism and fair-play; olympism and health; olympism and sport tourism.

At the level of general knowledge we need educational programs on every teaching level. The success of the educational programs depends on the development of sports and olympic life, according to local, regional, national and international traditions. The span of these programs is in relation to the fight against discrimination that influences the Olympic movement; to support and promote the sports and medical ethics by fighting against doping.

Conclusions

1. The effect of globalisation requires the compliance with rules, conditions, behaviours, education. We must not reach the point where we have to correct thinking deficiencies, we must prevent these phenomena (sedentariness / obesity; bioethics (cloning, genetic mutations); the use of information technology, the selling of products, aspects that have not been sufficiently addressed lead to medical phenomena such as "anxiety / distortion", which may become mass phenomena.

2. We must accept the intervention of experts for health, not only of sport and medicine, but also psychology (psychology studies the human mental activity manifested during the process of getting knowledge,

working, communicating, creating). The physical exercises, besides their contribution to keeping and improving health, also reduce the risk of dementia

3. We need clear messages through the media; the family (the inherited culture, financial resources), school as a source of training: the politics (how we manage the human and health resources)

4. We need messages and models, culture; the olympism includes all ideas about the olympic movement, placing sport and health to the service of a harmonious development of the human being and creating a better society.

5. We must defend our cultural and human values to the benefit of a normal society, that is why we must not neglect the development of mass sport to the detriment of professional, performance sport.

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THE ROLE OF NUCLEAR MAGNETIC RESONANCE TO DIAGNOSE THE KNEE JOINT DAMAGES TO THE ATHLETES

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Abstract

The knee is one of the major joints that bear a very high burden, ensuring in the same time mobility and stability during physical activities, and balance in maintaining the body position. Injuries at this level are quite commonly found in medical practice, often caused by practicing a sport and can result in pain and disability. Investigation through Nuclear magnetic resonance has been proved in the recent years to be the main way of non-invasive examination of sport knee injuries. It represents a paraclinic exploration/investigation widely accepted in the protocols destined to the patients with traumatic symptomatology in the knee joint, gradually replacing arthroscopy in this type of pathology. It is regarded as a top diagnostic tool in evaluating the knee joint to visualize the associated anatomical details and the associated pathology that can go from articular ligament injury to destroying the articular cartilage.

Key words: anatomic, invasive intervention, treatment

Study of anatomic imaging

Knee-imaging requires a high quality of images, superior contrast, an ability to visualize small structures, all these challenges being met by MRI. In the last years, this diagnostic imaging method has experienced an important progress especially in the domain of musculoskeletal pathology. Arthroscopy is still considered the “gold-standard” in diagnosing the traumatic intra articular knee injuries. However, it is an invasive investigation, which requires anesthesia and hospitalization and can be accompanied by all the complications of a surgical procedure. Since its introduction in the '80s, MRI gradually gained a place increasingly important in diagnosing traumatic knee pathology, the majority of orthopedic specialists considered it a method sufficiently precise, noninvasive and fast, to right appreciate the opportunity of a conservative treatment, sparing the patient of an unnecessary invasive intervention.

Material and the method

The study was conducted between 2010 - 2014 at CTD “Victor Babes” and included 120 patients who had an MRI exam indication of traumatic injury to the knee joint resulting from practicing a sport. In case of 40 patients, it was tracked the evolution post MRI, including here the result of arthroscopic exam and of the surgical procedure.

Results

Out of the 120 patients, 96 were male and 24 female.