alcohol consumption, chronic constipation and psychoneurotic stressors, respectively. These rules are comprehensive enough to include many other harmful health-related factors, the role of which has been confirmed in the occurrence of different diseases except cancer.

**Conclusion:** As the results indicated, cancer prevention in Iran will be more successful if six essential rules of traditional Iranian-Islamic medicine are promoted among populations and health policymakers.

**Keywords:** Cancer, Comparative study, Prevention, Traditional medicine

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**Study of the prevalence of musculoskeletal disorders in women and the importance of alternative therapies**

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**Objectives:** In many societies, women bear a considerable burden of responsibilities, which threaten their health. Considering the high prevalence of low back pain and prevalent use of acupuncture in the treatment of this condition, we aimed to examine the prevalence of musculoskeletal diseases in middle-aged women.

**Materials and Methods:** In this cross-sectional study, 1000 women, aged 45-59 years, referring to healthcare centers of Mashhad, were examined and screened by physicians via history taking and physical examinations regarding the history and current status of osteoporosis, osteoarthritis, low back pain and other musculoskeletal disorders.

**Results:** The overall incidence of musculoskeletal disorders was 27.2%. The prevalence was 13.5% in rural women and 27% in women residing in urban regions. In both urban and rural populations, arthritis was the most common disorder with an incidence of 32.5%. The prevalence rates of osteoporosis and low back pain were 28% and 23%, respectively.

**Conclusion:** Considering the high prevalence of arthritis and back pain in women, especially in urban populations, adopting complementary medicine can reduce pain and disabilities. It is recommended that an educational package about complementary medicine treatments be applied in training sessions for middle-aged women at healthcare centers.

**Keywords:** Complementary medicine, Middle-aged, Musculoskeletal diseases, Women

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**Effect of Mummy on pain and wound healing of midian sternotomy in patients undergoing off-pump coronary artery bypass grafting surgery**

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Median sternotomy is the most common procedure in child and adult cardiac surgery so, 75000 sternotomy is operating in America. Despite that patients receive antibiotic prophylaxis, sternal wound infections are the most serious and most important complications of open-heart surgery. 1% to 2% of patients who undergo sternotomy are suffering from this condition. Other surgical complications
of open-heart surgery can be named sternal dehiscence and mediastinitis can increase risk of morbidity and mortality. Sternal dehiscence usually occurred in patients with osteoporosis, age>75 or morbid obesity and with renal failure, chronic obstructive pulmonary disease, diabetes mellitus and sternal wound infection. Healing of sternum is a complex process so the process of bone fracture healing and the chemical factors that involve are not fully known. Consequently, finding methods to reduce the effects of open-heart surgery is necessary.

Traditional medicine with a long history can provide effective treatment of various diseases. Considering the properties of traditional medicine such as low adverse effects, public confidence and availability, World Health Organization has suggested the use of medicinal plants. Medical plants play an important role in folk medicine so today’s use of herbal medicine increase substantially. Mummy, Mumnaye or Shilajit is a blackish brown exudate found in cracks and fractures of mountains. This herbomineral drug is resulting from oxidizing oil and traditionally has been used in treatment of various diseases. Many studies have indicated diverse therapeutic effects of Mummy. Stimulates the immune system, antioxidant and anti-inflammatory activities also improve symptoms of stomach disorders, inflammation of joints, nervous and cardiovascular issues, and strains of muscles and tendons and urinary tract infections are the part of the benefits of this herbal drug. But what is important in the study is its role of Mummy in wound healing and improvement of bone fracture in open-heart surgery. In traditional medicine, Mummy utilize in reduction of pain and improve of bone fracture so today’s research confirm positive effects of Mummy in clinical trial and in-vivo system. Also studies showed no side effect or complication of Mummy and as a result use of Mummy is safe. Mummy not only reduce time of healing but also decrease risk of infection in medial sternotomy.

Finally, it seems Mummy as a herbal medicine can decrease complication of sternotomy due to improve of wound healing, reduce pain and duration of bone fracture healing and decrease of risk of infection although further clinical trial studies are necessary.