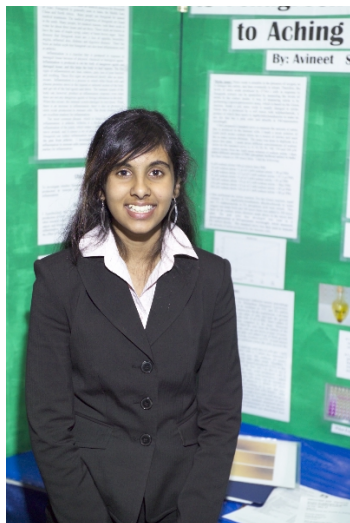


CWSF 2006 - Saguenay, Québec



Avineet Sekhon

Is Fenugreek the Answer to Aching Joints?

Division: Life Sciences

Category: Junior

Region: Eastern Newfoundland

City: St. John's, NL

School: St. Paul's Jr. H.S.

Abstract: Arthritis pain is due to inflammation of the joints. This project studied the effectiveness of fenugreek extracts to inhibit inflammation. An increase in nitric oxide is linked to an increase in inflammation. Thus, nitric oxide was used as a marker for inflammation. I found that the fenugreek extracts decreased nitric oxide production in immune cells, suggesting that fenugreek decreases inflammation.

| Awards | Value |
|---|---------|
| The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario | \$1 000 |
| Bronze Medal - Health Sciences - Junior Sponsor: Canadian Institutes of Health Research | \$300 |
| Total | \$1 300 |