

DAILY HEALTH UPDATE

Thursday, May 1st, 2014

Courtesy of:

Mental Attitude: Depression Increases Heart Failure Risk. A Norwegian researcher reports that moderate to severe depression increases a person's risk of heart failure by 40%. Lead researcher and PhD candidate Lise Tuset Gustad writes, "We found a dose response relationship between depressive symptoms and the risk of developing heart failure. That means that the more depressed you feel, the more you are at risk." Early identification and treatment of depression appears not only important for your mood but also for your heart. *European Society of Cardiology, September 2013*

Health Alert: Hands-Free Cellphones Don't Make Driving Safer. Experts analyzed 30 studies and found that using hands-free devices while driving is no safer than using hand-held devices. David Teater, senior director of transportation initiatives at the National Safety Council explains, "The problem is the brain does not truly multitask. Just like you can't read a book and talk on the phone, you can't safely operate a vehicle and talk on the phone." *The National Safety Council, April 2014*

Diet: Can Chocolate Help Reduce Obesity and Treat Diabetes? New research involving mice reveals that certain antioxidants in cocoa prevented the mice from gaining excess weight while also lowering their blood sugar levels. If this finding translates to humans, then supplementing a diet with chocolate may help people lose weight and/or better manage their diabetes. *Journal of Agricultural Food and Chemistry, February 2014*

Exercise: Cardio Fitness in Youth Improves Memory When Older. Physical fitness upon entering adulthood appears to indicate better memory and thinking skills in middle age. This study involved healthy young adults who completed treadmill endurance and cognitive tests at age 18. Over 20 years later, these tests were performed again. Researchers found that for every extra minute participants were able to run on a treadmill during the initial test, the same individuals performed better on verbal memory and psychomotor tests over decades later. Study leader Dr. David Jacobs Jr. concludes, "This is one more important study that should remind young adults of the brain health benefits of cardio fitness activities such as running, swimming, biking or cardio fitness classes." *Neurology, April 2014*

Chiropractic: The Effect of Poor Ergonomics. Poor workstation design can result in musculoskeletal complaints for employees. The authors of this study note that medical laboratory technicians are often exposed to various ergonomic hazards during the course of their workday. From a population of 60 technicians, they found that 73% experience musculoskeletal pain, primarily in the back, neck, knees, and ankles/feet with greater pain reported at the end of their shift. Alarming, the average age of the surveyed technicians was just 28 years old and most had a body mass index (BMI) score in the normal range. *Journal of Back and Musculoskeletal Rehabilitation, March 2014*

Wellness/Prevention: How Exercise Help Lower Breast Cancer Risk... Observational studies have shown that women who engage in regular exercise have a lower risk for developing breast cancer. Now, researchers believe they have found the mechanism behind this correlation. A new study indicates that pre-menopausal women who perform 30 minutes of moderate to vigorous exercise five times per week metabolize estrogen more efficiently, thereby decreasing their overall estrogen exposure. Previous work has shown that a greater lifetime exposure to estrogen is associated with increased breast cancer risk. *American Association for Cancer Research, May 2014*

Quote: "The best of us must sometimes eat our words." ~ J.K. Rowling



For More Information on Back Pain, Neck Pain, Headaches, Carpal Tunnel Syndrome, Fibromyalgia, and Whiplash, and To Sign Up For Our Daily Health Update Emails, Go To:

This information should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history.