

DAILY HEALTH UPDATE

Tuesday, May 13th, 2014

Courtesy of:

Mental Attitude: Apathy Linked to Brain Shrinkage. New research reveals that older people who display a lack of interest or emotion are more likely to have a smaller brain volume. Investigators found that individuals who had two or more symptoms of apathy had 1.4% less gray matter volume and 1.6% less white matter volume than those who had fewer apathy symptoms. The authors suggest that apathy alone could indicate brain disease.

Neurology, April 2014

Health Alert: 1 in 20 Adults Misdiagnosed. A new report reveals that about 12 million people in the United States are misdiagnosed in outpatient clinics each year. Investigators are unclear as to how many outpatients are harmed from these misdiagnoses but past research has indicated that around 50% of errors have the potential to lead to severe harm. *BMJ Quality and Safety, April 2014*

Diet: Rice Consumption Boosts Diet Quality and Improves Health. Consumers can improve their diet by enjoying white or brown rice in their daily meals, according to new research by scientists at Baylor College of Medicine in Houston, Texas. Lead author Dr. Theresa Nicklas states, "Our results show that adults who eat rice had diets more consistent with what is recommended in the U.S. Dietary Guidelines, and they showed higher amounts of potassium, magnesium, iron, folate, and fiber while eating less saturated fat and added sugars. Eating rice is also associated with eating more servings of fruit, vegetables, meat, and beans." *Food and Nutrition Sciences, April 2014*

Exercise: Walking Helpful for Low Back Pain. A recent study reveals that a simple aerobic walking program can be as effective for alleviating low back pain as a muscle strengthening program. Participants either participated in clinic-based muscle strengthening or walked 20-40 minutes per day. Significant improvements in pain levels, disability, daily activities, and muscle/walking endurance were noted in both groups.

American Friends of Tel Aviv University, March 2013

Chiropractic: Wellness Care for Kids. Based on responses to a questionnaire completed by both chiropractors and parents, "wellness care" was the most common reason children receive chiropractic care followed by the treatment of musculoskeletal and non-musculoskeletal disorders. *Clinical Chiropractic, December 2008*

Wellness/Prevention: Nurses' Experience = Better Patient Care. A new study finds patients get the best care when they're treated in hospital units staffed by highly experienced nurses. Investigators found that for each year increase in the average tenure of registered nurses, patients spent 1.3% less time in the hospital. Senior study author Patricia Stone explains, "Reducing length of stay is the holy grail of hospital management because it means patients are getting higher quality, more cost-effective care." *Columbia University, April 2014*

Quote: "What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?" ~ *Winston Churchill*



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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.