

# DAILY HEALTH UPDATE

Monday, May 5<sup>th</sup>, 2014

Courtesy of:

**Mental Attitude: Good News if You are Obsessive-Compulsive.** Research that involved questioning nearly 800 university students from sixteen countries shows that 94% of people experience unwanted, intrusive thoughts, images, and/or impulses. These findings confirm that these thoughts are extremely common, which can reassure obsessive-compulsive disorder (OCD) patients that they are not that different from everyone else in this regard. Co-author Dr. Adam Radomsky explains, "This study shows that it's not the unwanted, intrusive thoughts that are the problem - it's what you make of those thoughts. And that's at the heart of our cognitive and behavioral interventions for helping people overcome OCD."

*Journal of Obsessive-Compulsive and Related Disorder, April 2014*

**Health Alert: Drug-Resistant Germs Found on Cutting Boards!** Swiss scientists analyzed cutting boards from hospital cafeterias and private home kitchens after they were used to cut poultry but before the boards were washed. They found that 6.5% of hospital cutting boards and 3.5% of household cutting boards were contaminated with drug-resistant E. coli bacteria. This could pose a major health risk if the cutting boards are reused before being properly disinfected or if any food exposed to the cutting boards is not cooked at high enough temperatures to kill any bacterial contamination.

*Infection Control and Hospital Epidemiology, April 2014*

**Diet: Risk of Food Poisoning Higher in Restaurants.** Over the course of a decade in the United States (US), more people contracted food poisoning as a result of eating at a restaurant than eating at home. During this time, more than 1,600 restaurant-related food poisoning outbreaks sickened over 28,000 people while nine hundred food poisoning outbreaks were linked to homes, which affected over 13,000 individuals. Fortunately, the study found that food borne illness has decreased by 42% from 2002 to 2011. *Center for Science in the Public Interest, April 2014*

**Exercise: Does Specializing in One Sport Ensure Future Success?** Contrary to what some parents and coaches believe, researchers have found no evidence that athletes were more successful at earning a college scholarship or in starting a professional career if they only played one sport starting at a very young age. It appears that most of today's successful athletes enjoyed multiple sports as children and waited until their teens to focus on only one sport.

*American Society of Sports Medicine Annual Meeting, April 2014*

**Chiropractic: Increasing Reports of Pain Among College Students.** A comparison of survey data from Finnish university students taken in 2000 and 2012 shows an increasing trend of musculoskeletal complaints among that population. Researchers report that 29% of students reported dealing with neck and shoulder-related pain on a weekly basis in 2012 compared with 25% in 2000. Low back pain complaints increased from 10% to 14%, limb and joint pain increased from 7% to 8%, and temporomandibular joint pain increased from 4% to 5%. *European Journal of Pain, March 2014*

**Wellness/Prevention: Better "Bedside Manner" Affects Patients' Health.** A review of 13 clinical trials has found that doctors who have been given training to improve their people skills have patients who respond more favorably in efforts to lose weight, lower their blood pressure, or manage their pain. Dr. Alan Christensen, a professor of psychology at the University of Iowa, adds, "It's important to be able to demonstrate that clinicians can learn to change how they interact with patients, and that it affects health outcomes." *PLOS ONE, April 2014*

**Quote:** "What good is the warmth of summer, without the cold of winter to give it sweetness." ~ John Steinbeck



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