

DAILY HEALTH UPDATE

Monday, May 12th, 2014

Courtesy of:

Mental Attitude: Depression Common After Surviving Intensive Care. A new report reveals that one-third of patients experience depression after leaving intensive care. Researchers note that this depression typically expressed itself as physical rather than psychological symptoms such as weakness, appetite change, and fatigue. Study leader Dr. James Jackson explains, "The physical symptoms of depression are often resistant to standard treatment with antidepressant drugs and we need to determine how best to enhance recovery with a new focus on physical and occupational rehabilitation."

Lancet Respiratory Medicine, April 2014

Health Alert: Not in the Pool! Experts warn that urinating in a swimming pool can pose a serious health risk. Researchers have found that uric acid in urine can generate volatile disinfection byproducts in the pool when it interacts with chlorine. The toxic compounds of concern are cyanogens chloride and trichloramine. Inhalation of cyanogens chloride can negatively affect the cardiovascular system, the pulmonary system, the central nervous system, and can potentially be fatal. Trichloramine is a compound linked to acute lung injury through exposure to chlorine-based disinfectants. The findings support the need to encourage proper pool hygiene. *Environmental Science & Technology, February 2014*

Diet: Drinking Milk Slows Knee Arthritis in Women. New research suggests that osteoarthritis of the knee slows in women who regularly consume low-fat or fat-free milk compared with their peers who do not. Though the study found an association between milk intake and knee health, it did not prove cause-and effect. Further research is needed to determine the role of milk in the delay of osteoarthritis progression, but the findings do suggest the milk consumption plays an important role in bone health. *Arthritis Care & Research, April 2014*

Exercise: Over-Training Counterproductive. Over-training occurs when you do not allow your body to adjust, adapt, and recuperate from the training regimen you take part in and can be detrimental to realizing your fitness goals. Signs of over-training include decreased performance, increased resting heart rate and blood pressure, increased muscle fatigue, gastrointestinal problems, depression, irritability, apathy, and low self-esteem. Experts recommend starting slowly with your exercise routine and working with a trainer to assess your fitness level and determine a more personalized training program.

Butler University, January 2010

Chiropractic: Chiropractic Care Improves Type I Diabetes. A four-year-old child with type I diabetes was able to better control her blood sugar after undergoing two months of chiropractic care. The patient's hemoglobin A1C decreased from 7.2% to 6.5% and her insulin use decreased from 15 units to 11 units per day. This case study supports the optimizing effects of chiropractic care on function throughout the body. *Journal of Pediatric, Maternal, & Family Health, November 2013*

Wellness/Prevention: Alcohol is a Leading Cause of Preventable Cancer Death. Scientists from the Boston University School of Medicine and Boston University School of Public Health report that alcohol consumption leads to about 1 in 28.6 cancer deaths in the United States, including 15% of all breast cancer deaths. Although heavy drinking is linked to the greatest risk for alcohol-related cancer death, even 1.5 drinks per day or less accounts for nearly 30% of all alcohol-related cancer fatalities. Lead study author Dr. Timothy Naimi adds, "The relationship between alcohol and cancer is strong, but is not widely appreciated by the public and remains underemphasized even by physicians... Alcohol is a big preventable cancer risk factor that has been hiding in plain sight." *American Journal of Public Health, April 2013*

Quote: "Talent is a wonderful thing, but it won't carry a quitter." ~ *Stephen King*



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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.