

DAILY HEALTH UPDATE

Wednesday, May 7th, 2014

Courtesy of:

Mental Attitude: Optimism May Reduce Risk of Heart Failure. A research team from the University of Michigan claims that optimistic individuals have a 73% lower risk of heart failure than pessimists. Though researchers cannot definitively say that being optimistic can lead to a healthier heart, having a positive attitude is unlikely to cause any harm. *Circulation: Heart Failure, March 2014*

Health Alert: Antidepressant Use in Pregnancy Tied to Autism Risk in Boys. A new report reveals that boys with autism are three times more likely to have a mother who took antidepressants, known as SSRIs, during their pregnancy. Though the study found an association between prenatal use of SSRI antidepressants and autism risk in boys, it does not prove cause-and-effect. Further research is needed to understand how and if this type of medication is a causative factor in the development of autism. Study co-author Li-Ching Lee writes, "It's a complex decision whether to treat or not treat depression with medications during pregnancy. There are so many factors to consider. We didn't intend for our study to be used as a basis for clinical treatment decisions. Women should talk with their doctors about SSRI treatments." *Pediatrics, April 2014*

Diet: Reduced Salt Consumption = Decreased Deaths From Cardiovascular Disease? New research published in the British Medical Journal demonstrates that average salt intake fell by 15% in the United Kingdom between 2003 and 2011. During this timeframe, deaths from heart disease and stroke fell by about 40%. The data suggests a convincing link between salt intake and cardiovascular disease. *BMJ Open, April 2014*

Exercise: Forced Exercise Still Helps With Anxiety & Stress. Recent research reveals that being forced to exercise may help to reduce anxiety and depression symptoms just as well as voluntary exercise. Lead author Dr. Benjamin Greenwood adds, "The implications are that humans who perceive exercise as being forced -- perhaps including those who feel like they have to exercise for health reasons -- are maybe still going to get the benefits in terms of reducing anxiety and depression." *European Journal of Neuroscience, February 2013*

Chiropractic: Relief for Tension-Type Headaches. A past study by the Rand Corporation concluded that cervical spinal manipulation and/or mobilization may provide short-term relief for some patients with tension-type headaches. *Rand Study, 1996*

Wellness/Prevention: Americans are Taking More Dietary Supplements than Previously Thought. A new analysis of dietary supplement use reveals that 64-69% of Americans have used dietary supplements during previous five years. Investigators also noted that people using dietary supplements are more likely than non-users to participate in a range healthy behaviors including eating a healthy diet, exercising, getting adequate sleep, and maintaining a healthy weight. *Journal of American College of Nutrition, April 2014*

Quote: "Time ripens all things; no man is born wise." ~ Miguel de Cervantes



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