

DAILY HEALTH UPDATE

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Courtesy of:

Mental Attitude: Cognitive Skills May Start to Decline in the Mid-20s. Using video game performance as a measure of cognitive function, researchers note that cognitive motor performance begins to decline after age 24. Though declines in speed performance were noted in individuals in their mid-twenties and older, they appeared to compensate by employing more efficient strategies than younger players. *PLOS ONE, April 2014*

Health Alert: Too Much Codeine Still Prescribed to Children in the US. Emergency room physicians continue to give codeine prescriptions to children, despite two previous warnings from the American Academy of Pediatrics in 1997 and 2007 not prescribe codeine to that age group. The concern with codeine is due to differences in children's metabolisms that can cause the effects of codeine to swing from ineffective to toxic. Doctors are urged to use better and safer alternatives. Many hospitals have removed codeine from their formularies altogether, thus eliminating doctors' ability to prescribe it. *Pediatrics, April 2014*

Diet: People are Eating More Healthy Fats. In the past 20 years, the global intake of healthy fats such as omega-3 and omega-6 has increased, while the consumption of saturated fat, dietary cholesterol, and trans fat has remained the same. According to researchers, improper diet is the leading modifiable cause of poor health worldwide. *British Medical Journal, April 2014*

Exercise: Fitness Goals on Track? Did you set your New Year's fitness resolutions goals too high and now find your goal of getting fit has stalled? Dr. Jamy Ard, co-director of the Weight Management Center at Wake Forest Baptist Medical Center, suggests finding an exercise or activity you enjoy whether it's going to the gym, starting a walking program, or joining a running group. The key is to start slowly and challenge yourself by adding a little more to your exercise routine on a regular basis. He adds, "Seeing positive change can be extremely reinforcing, no matter how small. And maybe that will be enough to get you springing back sooner rather than later." *Wake Forest Baptist Medical Center, April 2014*

Chiropractic: Health & Well Being. According to a survey distributed at nearly 100 clinics, 96% of patients reported that chiropractic was beneficial to their overall health and well-being. *Journal of Manipulative and Physiological Therapeutics, March 2014*

Wellness/Prevention: Lower Extremity Injury Risk Predictor. After reviewing nearly 80,000 medical records, Dr. Nathaniel S. Nye of the National Capital Consortium Sports Medicine Fellowship in Bethesda, Maryland concludes that individuals with a body mass index over 30 (classified as obese) and with a large waist circumference are at the greatest risk for lower extremity injuries including stress fractures, soft tissue injuries, joint injuries, and osteoarthritis. *American Medical Society for Sports Medicine Annual Meeting, April 2014*

Quote: "Your time is limited, so don't waste it living someone else's life." ~ *Steve Jobs*



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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.