

# WEEKLY HEALTH NEWS UPDATE

Week of **Monday, April 25<sup>th</sup>, 2011**

**Mental Attitude: Risks For Quitting College.** 40% of students in the US fail to get a bachelor's degree within 6 years at the college where they began. Surprisingly, events such as a death in the family and students' failure to get their intended major did not have a significant influence. The critical event with the most influence was depression. Other reasons include recruitment by an employer or another institution; losing financial aid or experiencing a large increase in tuition or living costs; unexpected bad grades; and roommate conflicts. *Journal Organizational Behavior and Human Decision Processes, Feb 2011*

**Health Alert: Cough It Up.** Research has linked over-the-counter cough and cold products to poisoning or death in hundreds of children, ages 2 and younger. Studies also show these medicines do little to control symptoms. In 2008, the FDA formally recommended OTC cough and cold products not be given to children under age 2. 61% of parents of children ages 2 and younger gave their children OTC cough and cold medicine within the last 12 months. More than half of parents report their child's doctor says OTC cough and cold medications are safe for children under 2. *University of Michigan Health System, Feb 2011*

**Diet: Too Fat!** The rate of obesity among children and adolescents in the US has nearly tripled between the 1980s and 2000s. Childhood obesity can lead to diabetes, high blood pressure, heart disease, sleep problems, cancer, liver disease, skin infections, asthma and other respiratory problems later in life. *Pediatrics Journal, February 2011*

**Exercise: The "Skinny" on Exercise.** Exercise boosts blood circulation and the delivery of nutrients to your skin, helping to detoxify the body by removing toxins. As exercise boosts oxygen to the skin, it helps increase the production of collagen, the connective tissue that keeps your skin elastic. *Mayo Clinic, Feb 2011*

**Chiropractic: Headache Help!** A study compared 6 weeks of chiropractic adjusting for tension-type headaches to 6 weeks of medical treatment with amitriptyline, a medication often prescribed for severe tension headache pain. Chiropractic patients experienced fewer side effects (82.1%) and only chiropractic patients continued to report fewer headaches when treatment ended. *JMPT, 1995*

**Wellness/Prevention: Zinc!** The cold accounts for 40% of sickness absence from work and millions of school days missed each year. Zinc taken within a day of cold symptoms can reduce severity and shorten the length of illness. At 7 days after onset, a higher proportion of people who took zinc reported no cold symptoms compared to those who took a placebo. *The Cochrane Library, Feb 2011*

**Quote:** "If we did all the things we are capable of, we would astound ourselves." ~ *Thomas Edison*

This Weekly Health News Update is compliments of Dr. Ward Beecher and Beecher Chiropractic Clinic. If you have any questions or comments, please contact us at 281-286-1300 or [www.BeecherChiropractic.Com](http://www.BeecherChiropractic.Com).