

# WEEKLY HEALTH NEWS UPDATE

Week of **Monday, April 4<sup>th</sup>, 2011**

**Mental Attitude: Delay Alzheimer's!** Mastering a second language seems to delay getting Alzheimer's as bilingual patients did not contract Alzheimer's until 5 years later than monolingual patients. Even if you're not bilingual, there are other ways to exercise the brain like word games, crosswords, word search.

*Ellen Bialystok, York University, Feb 2011*

**Health Alert: Too Much Drinking!** 5.9% of adolescents ages 12-14 drank alcohol in the past month and 44.8% received their alcohol for free from their family or at home. People who begin drinking alcohol before the age of 15 are six times more likely to develop alcohol problems than those who start at age 21 and older.

*Substance Abuse and Mental Health Administration, Feb 2011*

**Diet: Allergic To Food?** 17 million people in Europe suffer from food allergies, with 3.5 million younger than 25 years old. Allergies in children under 5 have doubled over the last ten years and trips to the emergency room for severe anaphylactic reactions have increased seven-fold. Allergic reactions are probably increasing due to changes in nutrition patterns, exposure to environmental factors such as cigarette smoke and changes in lifestyle.

*European Academy of Allergy and Clinical Immunology, Feb 2011*

**Exercise: New Toy.** A wireless device, the iSense, can predict and detect the status of muscles during training. The iSense helps optimize performance by building the bridge between what the brain is telling the athlete and what the muscles are actually doing. The iSense device detects the tiny electrical signals muscles produce when contracting. Muscle fatigue can promote muscle growth, but can also cause serious injury when the level of fatigue is high. When muscle fatigue is not detected soon enough, it can often lead to pain and injuries. The system will guide the user during training to act as a warning device, to avoid unnecessary strain on the muscles and avoid injury.

*Essex University, AlphaGalileo Foundation*

**Chiropractic: Watch Your Back!** Half of working Americans suffer from back pain each year. 25% of American adults reported they suffered from back pain for at least a day within the last three months and lower back pain is the

5th most common reason people visit the doctor. *CDC*

**Wellness/Prevention: Wear A Helmet.** Severe head trauma is the most frequent cause of death and severe disability in skiers and snowboarders and accounts for 15% of all skiing and snowboarding related injuries. Injuries include epidural hematoma, subdural hematoma, other traumatic intracranial hemorrhage, skull fractures and cervical spine injury. Helmet use reduces head injuries 35%, with another study suggests head injury reductions range from

15-60%. Helmet wearers decreased the need for neurosurgical procedures, length of hospital stay, and incidence of death. *Journal of Neurosurgery: Pediatrics, March 2011*

**Quote:** "The player who loses his head and his cool, is worse than no player at all." ~ *Lou Gehrig*

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).