

# WEEKLY HEALTH NEWS UPDATE

Week of **Monday, May 16<sup>th</sup>, 2011**

**Mental Attitude: Poor Eating Habits Can Cause Depression.** The ingestion of trans-fats and saturated fats increase the risk of suffering depression, while ingesting olive oil appears to protect against depression. Participants with an elevated consumption of trans-fats (fats present in artificial form in industrially-produced pastries and fast food, and naturally present in certain whole milk products) showed a 48% increase in the risk of depression. Also, the more trans-fats consumed, the greater the harmful effect they produced.

*Public Library of Science, February 2011*

**Health Alert: Only 24 Hours In A Day!** National restrictions were first introduced in 2003 to limit the hours resident physicians could be on duty. At the time, the Accreditation Council for Graduate Medical Education (ACGME) cited increasing acuity and intensity of medical care in teaching institutions, as well as scientific evidence of the negative effect of sleep deprivation on performance, as reasons for instituting restrictions. Those limits were not to exceed 80 hours in a week or more than 24 consecutive hours. In December 2008, the Institute of Medicine (IOM) issued a report recommending further action to reduce resident fatigue and ensure patient safety within 24 months of the report. The IOM committee did not recommend a change from the maximum of 80 hours per week, averaged over four weeks, but instead recommends decreasing the maximum length of shifts, increasing the time off between shifts and mandating a sleep period during longer shifts.

*Journal of the American College of Radiology, 2010*

**Diet: Tea Can Help.** This study looked at the effect of treating superficial precancerous lesions in the mucosal lining of the mouth with a mixed tea product. After the six-month trial, partial regression of the lesions was observed in 37.9% of the group treated with tea as compared to only 10% of those treated with a placebo.

*Proceedings of the Society for Experimental Biology and Medicine, 1999*

**Exercise: Exercise And Stress.** Regular exercise reduces the amount of stress hormones in the body, lowers the resting heart rate, relaxes blood vessels, and lowers blood pressure. *Mayo Clinic, March 2011*

**Chiropractic: Have Back Pain?** Spinal manipulation is the best treatment for acute low back pain.

*Agency for Health Care Policy and Research*

**Wellness/Prevention: A Cup Of Tea.** The antioxidant properties of tea flavonoids may play a role in reducing the risk of cardiovascular disease by decreasing lipid oxidation, reducing the instances of heart attacks and stroke, and may beneficially impact blood vessel function (an important indicator of cardiovascular health).

*Archives of Internal Medicine, 1996*

**Quote:** “What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.”

*~George Dennison Prentice*

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).