

WEEKLY HEALTH NEWS UPDATE

Week of **Monday, June 6th, 2011**

Mental Attitude: Shorter Hours Please. If your workday averages 11 or more hours, you probably earn more than your 8-hour a day colleagues, but your risk of developing heart disease will be 67% higher! Researchers believe doctors should include data on a patient's working hours when listing risk factors for heart disease (smoking, total body weight, diabetes and blood pressure). *Annals of Internal Medicine, April 2011*

Health Alert: Adverse Drug Reports Swell! In a new study of adverse events linked to medications-compiled by the FDA since 1969, researchers at the University of Maryland School of Pharmacy revealed only 55% have been reported to the agency in the past decade! According to the FDA's website, the agency's Adverse Event Reporting System (AERS) is "designed to support the FDA's post-marketing safety surveillance program for all approved drug and therapeutic biologic products. The FDA uses AERS to monitor for new adverse events and medication errors that might occur with these marketed products." In the past decade, 2.2 million events reported to AERS represented a 1.65-fold increase from the prior decade. *Archives of Internal Medicine, April 2011*

Diet: Divide Your Plate! When putting food on your plate, fill half of it with veggies or salad (but watch out for fatty dressings). One-quarter of the plate should have lean protein, such as fish, chicken or beef that's been grilled, baked or poached. The last quarter of the plate should be a healthy starch -- but don't load it up with butter or oil. *Family Features, April 2011*

Exercise: Have Some Standards! Adults who adhered to the US Department of Health and Human Services' 2008 Physical Activity Guidelines reduced their mortality risks. To meet the guidelines, do moderate-intensity aerobic exercise at least 150 minutes per week or vigorous-intensity aerobic exercise at least 75 minutes per week and perform strengthening exercises at least twice a week. Adults who met the guidelines had lower risks of dying by 27% among those without health conditions and 50% less in those with an illness. *American Journal of Preventive Medicine, May 2011*

Chiropractic: Some Nerve! Growing evidence suggests that immune function is regulated, in part, by the sympathetic nervous system. Simply put: the nervous system has a direct effect on the immune system due to the nerve supply to the important immune system organs. *Journal of the American Osteopathic Association, 1974*

Wellness/Prevention: Shedding Skin Helps? The flakes of skin we shed (at the rate of 500 million cells a day) actually reduce indoor air pollution. The flakes contain squalene, a skin oil that reduces indoor ozone levels roughly 2-15%. *American Chemical Society, May 2011*

Quote: "I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being."
~ Jackie Robinson

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.