

WEEKLY HEALTH NEWS UPDATE

Week of **Monday, May 30th, 2011**

Mental Attitude: Smile And Mean It! Customer-service workers who fake smile worsen their mood and withdraw from work, affecting their productivity. On the other hand, workers who smile as a result of cultivating positive thoughts - such as a tropical vacation or a child's recital - improve their mood and withdraw less. Employers may think simply getting their employees to smile is good for the organization, but that's not necessarily the case, smiling for the sake of smiling can lead to emotional exhaustion and withdrawal, and that's bad for the organization.

Academy of Management Journal, March 2011

Health Alert: A Hefty Price! People 70 pounds overweight will spend \$30,000 extra in health care costs in their lifetime.

Scientific American, March 2011

Diet: Why Do We Over Eat? Generational: "My parents taught me to clean my plate and not waste food." Relational: "Feelings will be hurt if I don't finish what they made me." Economical: "This is such a good deal - more bang for my buck." Convenience: "I'm in a rush and need it now." Emotional: "Eating helps me feel better."

Loyola University Health System, February 2011

Exercise: Another Benefit of Exercise. According to David Nieman, director of Appalachian State University's Human Performance Lab in Kannapolis, NC, "No pill or nutritional supplement has the power of near-daily moderate activity in lowering the number of sick days people take." *Wall Street Journal, January 2010*

Chiropractic: The Power That Created The Body Heals The Body. This statement describes the chiropractic philosophy that the body is a self-healing organism. The body functions well on its own as long as there is no interference of function (muscular restriction of the joints, poor nutrition that decreases cellular function, mental stress, poor sleep habits, lack of exercise, etc).

Wellness/Prevention: Healthy Lifestyles Help Healing. Joint replacement patients who improve their lifestyle and maintain a positive mindset prior to surgery are more likely to have better functional outcomes than those who do not. Multiple studies found that patients who smoke, misuse alcohol, fail to control blood sugar levels or simply have a poor attitude prior to undergoing total hip or knee replacement surgery can double their odds of post-operative complications. Risk factors for complications like advanced age and pre-existing heart or lung conditions are difficult or impossible to change prior to surgery, but smoking, alcohol abuse, high blood sugar levels and poor mental attitude are completely manageable by the patients themselves, which makes them an excellent target for prevention and intervention programs that are likely to improve outcomes. Current smokers had higher odds of pneumonia (53%), stroke (161%), site infections (41%) and one-year mortality (63%) compared to non-smokers. Prior smokers were at higher odds of stroke (114%) and pneumonia (34%), compared with non-smokers.

Annual Meeting of the American Academy of Orthopedic Surgeons, February 2011

Quote: "A riot is the language of the unheard." ~ *Martin Luther King, Jr.*

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.