**WEEKLY HEALTH NEWS UPDATE**

**Week of** Monday, December 31st, 2012

**Mental Attitude: Anxious Parents?** Parents diagnosed with social anxiety disorder are more likely to exhibit less warmth and affection towards their children, criticize them more, and express doubts about their child's ability to complete a task. This can heighten anxiety in their child, and over time, can increase the chance their child will develop an advanced anxiety disorder of their own.

*Child Psychiatry and Human Development, November 2012*

**Health Alert: Parental Math Skills and Medication Errors.** Parents with poor math skills (3rd grade level or below) are 5 times more likely to measure the wrong dose of medication for their child than parents with math skills at the 6th grade level or greater. In a study of 289 parents, 27% had math skills at 3rd grade level or below. *American Academy of Pediatrics, April 2012*

**Diet: Red and Processed Meat.** Meat consumption increases the risk of prostate cancer. Men who consumed the most red meat had a 30% increased risk of cancer. Processed red meat was associated with a 10% increased risk of prostate cancer with every 10 grams (about one-third of an ounce) of increased intake.

*American Journal of Epidemiology, October 2009*

**Exercise: 5 Major Reasons.** Exercise helps control your weight preventing excess weight gain or maintaining weight loss, combats health conditions and diseases, improves mood, boosts energy, and promotes better sleep. *Mayo Clinic*

**Chiropractic: Spinal Degenerative Joint Disease and Pain.** There are several reasons spinal degeneration causes pain: 1. Mechanical compression of nerve by bone, ligament, or the disk. 2. Biochemical mediators of inflammation. 3. Mechanical nerve compression results in decreased blood flow and swelling, which causes lack of proper motion leading to fibrotic tissue formation. *Spine, 1989*

**Wellness/Prevention: Get Your Sleep!** Sleep disorders lead to 253 million days of sick leave a year in the United States. 63.2 billion dollars are lost a year due to insomnia. A third of this is due to absence from work, while the other two thirds is due to a loss in productivity at work. 10% of the population suffers from insomnia. Sleep apnea affects 4-5% of the population. *University of Bergen, November 2012*

**Quote:** "Those who think they have no time for bodily exercise will sooner or later have to find time for illness." *~ Edward Stanley*

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) .