

# WEEKLY HEALTH UPDATE

Week of: Wednesday, December 21<sup>st</sup> 2011

Courtesy of:

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**Mental Attitude: A Long, Happy Life.** Older people have a 35% lower chance of dying if they are content, excited or happy during their typical day. This was true even after taking into account such factors as a person's financial situation, physical health, mental health, chronic disease, physical activity, alcohol intake, depression and age.

*Proceedings of the National Academies of Sciences, Oct 2011*

**Health Alert: For The Young.** The International Planned Parenthood Federation (IPPF), the world's largest non-governmental organization working in sexual and reproductive health, is calling to renew the focus on young people's reproductive health. Currently, 16 million adolescent girls become mothers every year and almost 40% of the 6,800 new HIV infections each day are among young people.

*International Planned Parenthood Federation, Oct 2011*

**Diet: Alcohol, Good Or Bad?** Red wine has been shown in many studies to benefit the immune system and cardiovascular system, but women who drink even moderately (as few as three drinks a week) increase their risk of breast cancer. Women who abstain from all alcohol may find that a potential benefit of lower breast cancer is more than offset by the increased risk of cardiovascular disease.

*Harvard Medical School, Oct 2011*

**Exercise: Obesity Gene's Effect Reduced By Exercise.** With exercise and a physically active lifestyle, the genetic predisposition to obesity caused by the 'fat mass and obesity associated' (FTO) gene can be significantly reduced. The effect of the FTO gene on obesity risk is 27% weaker among physically active adults, compared to those who are physically inactive. These findings challenge the common excuse that "obesity is in my genes."

*PLoS Medicine, Oct 2011*

**Chiropractic: A Benefit For The Elderly.** Elderly patients suffering from dizziness experienced significant clinical improvement after just one month of Chiropractic care.

*Journal of Manipulative and Physiological Therapeutics, 2009*

**Wellness/Prevention: Remember Your Fluids.** Drinking plenty of fluids may provide men with protection against bladder cancer as the fluids may flush out potential carcinogens before they have the opportunity to cause tissue damage that could lead to the cancer. High total fluid intake (more than 2,531 milliliters per day) was associated with a 24% reduced risk for bladder cancer among men.

*Cancer Prevention Research, Oct 2011*

**Quote:** "In health there is freedom. Health is the first of all liberties." ~ Henri-Frederic Amiel