

# WEEKLY HEALTH UPDATE

Week of: Wednesday, December 28<sup>th</sup> 2011

Courtesy of:

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**Mental Attitude: Resist Temptation?** How do you defeat the impulse to gratify desire and stick to your long-term goals of slimness or sobriety? Just say, "no thanks" and move on. Don't stop and think about it. The presence of temptation twists your cognitive abilities in ways that promote impulsive behavior.

*Psychological Science, Oct 2011*

**Health Alert: Prescription Painkiller Abuse Epidemic!** According to the Centers for Disease Control and Prevention, overdoses involving prescription painkillers have tripled in the past 10 years and now kill more Americans than heroin and cocaine combined. A significant proportion of deaths are from people who obtain prescription painkillers without a prescription and use them for recreational use.

*CDC Vital Signs, Oct 2011*

**Diet: The Skinny On Coffee.** The more coffee an adult drinks, the lower the risk seems to be for developing basal cell carcinoma (BCC), a common type of skin cancer. Women who had at least 3 cups of coffee daily had a 20% lower chance of developing BCC, compared to those who consumed less than one cup per month. Men who consumed at least three cups of coffee per day had a 9% lower risk of BCC.

*Harvard Medical School, Oct 2011*

**Exercise: Good Reasons.** Exercise gives you more energy to meet the demands of daily life, and provides you with a reserve to meet the demands of unexpected emergencies.

*Surgeon General's Report on Physical Activity and Health, 1996*

**Chiropractic: Posture and Health.** Posture and normal physiology are interrelated. Posture affects and moderates every physiological function from breathing to hormonal production. Abnormal posture is evident in patients with chronic and stress related illnesses. Observe people over 50 and you will see that people with bad posture look unhealthy.

*American Journal of Pain Management, 1994*

**Wellness/Prevention: Preventable Strokes.** One in six people will suffer a stroke and someone dies from a stroke every 6 seconds. 85% of these people have risk factors that can prevent a stroke, if identified. 6 steps to reduce stroke risk: 1) Learn the warning signs of a stroke: sudden numbness, in particular if it only affects one side of the body, loss of balance or sudden vertigo, sudden difficulty in speaking or seeing, and severe headaches with no apparent cause. 2) Check your personal risk factors: high blood pressure, high cholesterol levels and diabetes. 3) Exercise regularly and keep physically active. 4) Eat a healthy diet and avoid becoming obese. 5) Avoid cigarette smoke and seek help to stop if you are a smoker. 6) Restrict your alcohol consumption.

*World Stroke Organization, Oct 2011*

**Quote:** "To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." ~ Gautama the Buddha, 563 BC