

# WEEKLY HEALTH UPDATE

Week of: Wednesday, January 11<sup>th</sup> 2012

Courtesy of:

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**Mental Attitude: I Can't Remember.** Older individuals' complaints about memory lapses (such as trouble remembering recent events) may indicate they are experiencing cognitive problems that are greater than typical age-related changes. The incidence of Alzheimer's disease and other dementias is expected to rise in the United States as adults 65 and older are projected to double in number over the next two decades. Clinicians are now incorporating cognitive screening tests as part of annual wellness visits for older people.

*Journal of the American Geriatrics Society, Nov 2011*

**Health Alert: Low-Dose Aspirin.** The risk of gastrointestinal (GI) bleeding needs to be considered when determining the potential preventive benefits associated with low-dose aspirin for cardiovascular disease and cancer. The risk is increased with the use of cardiovascular disease-preventing therapies. Low-dose aspirin is defined as 75 to 325 mg.

*Clinical Gastroenterology and Hepatology, Dec 2011*

**Diet: Soda Consumption.** The average American drinks 44.7 gallons of soda a year. That much soda weighs about 375 pounds!

*AdAge, Dec 2011*

**Exercise: Benefits For Breast Cancer Survivors.** For breast cancer survivors, the benefits of exercise outweigh the risks, including those who develop lymphedema, a chronic swelling that commonly occurs after breast cancer treatment. Balance the pros and cons of the activity one chooses, but keep in mind that even remaining sedentary has risks and being active is beneficial in many ways, including possibly reducing the risk of cancer recurrence.

*Journal of Cancer Survivorship, December 2011*

**Chiropractic: Nerve Interference.** The pressure caused by just the weight of just one United States quarter on a spinal nerve can decrease nerve transmission by as much as 60%.

*Chang Ha Suh, PhD*

**Wellness/Prevention: Cancer Prevention In Your 30s.** One begins to lose muscle mass after age 30. Strength training can prevent muscle loss, build bone density and help the body burn calories faster to keep you at a healthy weight. Maintaining a healthy weight can help decrease the risk of cancer.

*University of Texas MD Anderson Cancer Center, Nov 2011*

**Quote:** "A life is not important except in the impact it has on other lives." ~ Jackie Robinson