

WEEKLY HEALTH UPDATE

Week of: Wednesday, January 18th 2012

Courtesy of:

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Mental Attitude: Watch This! A study compared mother-child communication while watching TV to reading books and the impact of each on child development. Watching TV led to less interaction between parent and child, with a detrimental impact on literacy and language skills. The team found that when reading a book with their children, parents used a more active communication style, bringing the child into contact with words they may not hear in every day speech, thereby improving their vocabulary and knowledge of grammar.

Human Communication Research, Dec 2011

Health Alert: Hard To Swallow. 70,000 emergency visits each year are due to unintentional overdoses by children under the age of 18. Alarmed by this statistic, the Centers for Disease Control and Prevention (CDC) set up the PROTECT Initiative, a collaboration of public health agencies, private sector companies, professional organizations, consumer/patient advocates and academic experts to stop unintended medication overdose in children. The study found that of the cases of accidental poisoning in young children in the United States, exposure to prescription medications accounts for 55% of emergency visits, 76% of admissions and 71% of significant harm.

Journal of Pediatrics, Dec 2011

Diet: Have A Beer? Beer containing 5% alcohol and consumed at the rate of one pint a day compares to wine regarding positive effects on cardiovascular health. The study emphasizes that there is no place for binge drinking or any other form of heavy consumption

European Journal of Epidemiology, Dec 2011

Exercise: Good Reasons. Exercise increases your maximal oxygen uptake (VO₂ max-perhaps the best measure of your physical working capacity of your lungs).

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

Chiropractic: Pain and Posture. Patients demonstrating postural instability (body swaying while standing upright) are more likely to suffer from chronic neck or back pain.

Chiropractic & Manual Therapies, May 2011

Wellness/Prevention: Cancer Prevention In Your 40s. As we age, our metabolism decreases, especially as we reach age 40! Making healthy food choices and staying active every day can help keep off unwanted pounds that may raise the risk of cancer.

University of Texas MD Anderson Cancer Center, Nov 2011

Quote: " Come to think of it attention to health is life's greatest hindrance." ~ Plato