

# WEEKLY HEALTH UPDATE

Week of: Wednesday, February 1<sup>st</sup> 2012

Courtesy of:

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**Mental Attitude: Do Video Games Enhance Cognitive Abilities?** In a recent study, it was demonstrated that there is little solid evidence that games enhance cognition at all. On the other hand, it may be the people who have these enhanced abilities are more likely to play video games.

*Frontiers in Psychology, Dec 2011*

**Health Alert: Diabetes Worldwide!** There are 366 million diabetics worldwide and 4.6 million die each year from the disease. In the US, 8.3% or 25.8 million children and adults have diabetes, with 79 million having prediabetes.

*Diabetes Atlas, Nov 2011 & American Diabetes Association, 2011*

**Diet: Remember Cholesterol.** High cholesterol levels may be associated with a greater incidence of brain plaques, a marker for Alzheimer's disease.

*Neurology, Sept 2011*

**Exercise: Wide Waists Trim Lifespan.** Since the mid-1970s, when Harvard published "The Nurses Study," we've been told women with waists over 40 inches raised their risk of early death by 40% vs. women who maintained waists in the 26-27 inch measure. Pounds add up. Studies show that obesity is starting earlier than ever. 18% of children ages 12-18 are reported as being obese and 66% of baby boomers (81 million born between 1946-1964) are either obese or overweight.

*New England Journal of Medicine, Sept 2011*

**Chiropractic: Chiropractic and the NFL.** All 32 teams in the National Football League offer their players and personnel chiropractic physician services for both managing and preventing injuries.

*Professional Football Chiropractic Society*

**Wellness/Prevention: Too Much Booze, You Lose.** Men are more likely to binge drink than women. Research shows that drinking even a small amount of alcohol increases cancer risks, though moderate amounts of alcohol can show cardiovascular benefits that outweigh such risks. Men can play it safe by having no more than two alcoholic drinks per day.

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

**Quote:** "A revolution is coming - a revolution which will be peaceful if we are wise enough; compassionate if we care enough; successful if we are fortunate enough - but a revolution which is coming whether we will it or not.

We can affect its character, we cannot alter its inevitability." ~ President John F. Kennedy