

WEEKLY HEALTH UPDATE

Week of: Monday, February 16th, 2015

Courtesy of:

Mental Attitude: Parental Suicide Attempts Raise Risk of Their Children Doing the Same. According to the findings of a new study, when a parent has a history of attempting suicide, the odds that their child will attempt suicide increase five-fold when compared with the children of individuals who have not attempted suicide. Dr. Jeffrey Borenstein, the president and CEO of the Brain & Behavior Research Foundation adds, "For parents who have a history of depression, bipolar disorder, and/or suicide attempts, they should be aware of the potential risk for their children and be proactive in having an evaluation if the child is experiencing depression or other psychiatric symptoms." *JAMA Psychiatry, December 2014*

Health Alert: Hospital Infection Rates Falling. A report from the Centers for Disease Control and Prevention (CDC) reveals that the rates of many types of hospital-acquired infections are on the decline. The researchers found a 46% decline in "central line-associated" bloodstream infections, a 19% decrease in surgical site infections, an 8% drop in multidrug-resistant *Staphylococcus aureus* (MRSA) infections, and a 10% fall in *C. difficile* infections during the previous five years. Despite the findings, the CDC states that more work is needed to protect patients. CDC Director Dr. Tom Frieden writes, "[The] key is for every hospital to have rigorous infection-control programs to protect patients and health care workers, and for health care facilities and others to work together to reduce the many types of infections that haven't decreased enough." *Centers for Disease Control and Prevention, January 2015*

Diet: Recess May Promote Healthy Eating in Schools. Schools may want to consider adding a recess before lunch to help improve students eating habits. Investigators found that students ate 54% more fruit and vegetable servings when recess was held before lunchtime than after lunchtime. The research team also noted a 45% increase in the number of students who ate at least one serving of fruit and vegetables. They conclude, "Increased fruit and vegetable consumption in young children can have positive long-term health effects. Additionally, decreasing waste of fruits and vegetables is important for schools and districts that are faced with high costs of offering healthier food choices." *Preventive Medicine, January 2015*

Exercise: Exercise Helps Reduce Risk of Falls for Some Parkinson's Patients. A new clinical trial has found that home-based exercises focused on balance and leg strengthening may help individuals with milder Parkinson's disease symptoms reduce their risk of falling down by as much as 70%. More research is needed to determine whether a program with closer supervision can help prevent falls in individuals with more advanced Parkinson's cases. *Neurology, December 2014*

Chiropractic: For Patients with Knee Osteoarthritis... Patients with mild-to-moderate knee osteoarthritis (OA) may want to consider a course of chiropractic care. In a small-scale study including 83 patients with osteoarthritis of the knee, those who received chiropractic care reported statistically significant improvements on surveys used to measure pain, stiffness, and physical function. *Journal of Manipulative and Physiological Therapeutics, January 2015*

Wellness/Prevention: How to Prevent Snoring. The National Sleep Foundation offers the following suggestions that may help prevent snoring: lose excess weight, have a regular sleep schedule, sleep on your side, do not eat for at least three hours before bed, do not drink alcohol for at least four hours before bed, and avoid medications such as antihistamines, sleeping pills, and tranquilizers. *The National Sleep Foundation, December 2014*

Quote: "We are made to persist. That's how we find out who we are." ~ Tobias Wolff

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