

## GOOD HEALTH NEWS

**Health In Motion Rehabilitation Newsletter** **July 2008. Vol. 1, Issue 6**

### **How Long am I Going to Live, Doc?**

Have you been wondering when you might kick the bucket? If so, you can get at least one estimate from the **University of Minnesota's** Blue Zones website. Visit [www.bluezones.com](http://www.bluezones.com) and fill in their free short questionnaire honestly. "Honestly", is the key word here. You'll get an estimate of your projected life span. And for a small fee, they will offer some recommendations to improve your longevity. Whether or not the estimate turns out to be accurate, you'll start thinking about taking care of your health.

### **How to Treat Nosebleeds**

Maybe you've been hearing it since you were a kid. That you should tilt your head back to stop a nosebleed. It isn't true. The **American Academy of Family Physicians** doesn't recommend this approach. It recommends a cold compress on the nose, or squeezing the soft sides of your nose with your thumb and finger. If the bleeding is caused by a blow to the head, or lasts more than 20 minutes, you need medical attention. More information: [www.nytimes.com](http://www.nytimes.com) and put "Really? Tilt your head back to treat a nosebleed" in the search box.

### **Research on Antioxidant Supplements.**

Health In Motion continues to recommend caution when taking supplements. Check with your doctor or health care professional before starting to take any supplement, especially one in large doses. A number of recent studies have shown that certain dosages of antioxidant supplements such as Vitamin A, E, and beta carotene may not prolong life. In fact they may shorten it. More information: [www.nytimes.com](http://www.nytimes.com) and put "Study Critiques Antioxidant Supplements" in the search box.

### **Canada to Study Vitamin D**

You may remember that we wrote about the importance of adequate Vitamin D for good health in the February, March, April, May and June 2008 issues of Good Health News. Maybe someone at **Health Canada** is reading this newsletter. The Health Canada ministry of the federal government of Canada has announced that it will launch a study to

investigate claims that not enough Vitamin D may be linked to conditions such as cancer, heart disease and multiple sclerosis. More information: [www.globeandmail.com](http://www.globeandmail.com) and put: “Canada orders vitamin D study” or “Adequate intake of sunshine vitamin in dispute” in the search box to access the related May 10, 2008 articles.

### **Just How Good is Exercise for You?**

Jane E. Brody is a regular health columnist for the **New York Times**. She’s reliable and informed, much like Martin Mittelstaedt at The Globe and Mail. In a recent column in the Times, she described a range of health conditions that exercise helps to improve or lower the risk of developing. They include diabetes, heart attack, stroke, hypertension, obesity, depression, dementia, osteoporosis, erectile dysfunction and 12 types of cancer. More information: [www.nytimes.com](http://www.nytimes.com) and put “You Name It, and Exercise Helps It” in the search box.

### **Breast-Fed Babies are Smarter**

You may already believe that breastfeeding and a mother’s touch is good for babies. It’s good to see recent studies confirm this belief. The **Archives of General Psychiatry** (May 2008) confirm that breast fed babies achieve higher scores on a number of intelligence tests. For more information on the extent of the studies, and the questions raised by the reported study go to: [www.nytimes.com](http://www.nytimes.com) and put “Breast-Feeding Tied to Intelligence” in the search box.

### **A Mother’s Touch, A Mother’s Love**

Good for Canada! A Canadian study indicates that babies who experience pain have a reduced experience of pain if they are touched and held by their mothers. The study involved measuring pain indicators for babies who had their heels lanced for blood samples. There was a significant reduction in pain levels for babies who were held by their mothers. More information: [www.nytimes.com](http://www.nytimes.com) and put: “Mother’s Touch Helps Cut Newborns’ Pain.”

### **A Guided Tour of Your Body**

Check out the 8 page Guided Tour supplement to the May 13, 2008 New York Times. It’s filled with good advice, and the latest research about our bodies and their health.

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