

GOOD HEALTH NEWS

Diabetes Linked to Vitamin D Deficiency

American researches have linked the cause of juvenile diabetes to low Vitamin D. The study says that a child in Finland is 400 times more likely to develop this type of diabetes than a child in Venezuela. The **Globe and Mail** reported the **Diabetologia** study, available at www.medpagetoday.com/Endocrinology/Diabetes/tb/9718 or for more information: www.theglobeandmail.com/ and search for “Is Sunshine the Key?” by Martin Mittelstaedt.

Subscribers to **Good Health News** have asked how much Vitamin D they should add to their diet. Recommendations for Vitamin D supplement levels are currently being increased in response to recent research about Vitamin D. Intake levels depend on many factors—age, health condition, diet, exposure to the sun, etc. Before adding Vitamin D to your diet, you should contact your doctor, or health care professional.

Some Breastfed Babies Lack Vitamin D

Researchers at **Children’s Hospital Boston** have discovered that 40 per cent of 365 breastfed babies were not receiving enough Vitamin D in their mother’s milk. Health Canada and a number of other authorities recommend supplementing a breastfed baby’s diet with Vitamin D. The article in the **Globe and Mail** did not report on whether the mothers of the babies tested were tested for their Vitamin D levels. More information: www.theglobeandmail.com/ and search for “Breastfed babies lack vitamin D”.

High Blood Pressure

Hypertension, as indicated by high blood pressure is rising as the population in Canada ages. Today 66 per cent of people are reducing their blood pressure with prescribed medication. Although the onset of hypertension may be influenced by genetics, there are two other ways to control blood pressure. One is to exercise, and to continue exercising by choosing exercise that is appropriate for your age and health condition. The other is to reduce your intake of salt. A diet high in salt increases blood pressure. If you have trouble reducing your salt intake, try removing the salt shaker from the kitchen table. More information: www.theglobeandmail.com/ and search for “The new face of hypertension”.

Send a Friend a Copy of Good Health News—They Will Thank You Low Vitamin D Linked to Heart Attack Risk for Men

Low levels of vitamin D may double the risk of heart attacks for men. A study published June 10, 2008 in the journal **Archives of Internal Medicine** reports these findings. The risk even applies to men who exercise, have healthy blood pressure and don't smoke. More information: www.theglobeandmail.com/ and search for "Low vitamin D levels linked to greater risk of heart attacks in men." This research follows other research linking low vitamin D to the risk for diabetes, heart disease and other disease. More on other risks from low vitamin D: www.healthinmotionrehab.com and click on Good Health Newsletter at the Home Page.

People Not Paying Attention to Signs of Stroke

About half of the people in Canada are not treating the signs of a stroke as a medical emergency. These startling results surfaced in a poll conducted for the Heart and Stroke Foundation. Every stroke (cardiovascular accident) is an emergency, where every minute counts. The sooner a stroke is treated, the less extensive brain damage may be. The signs of a stroke are: **Weakness** in the face, arm or leg (even temporary), **Trouble Speaking** (even temporary), **Trouble Seeing** (even temporary), **Severe and Unusual Headache**, and **Dizziness**. If you experience these signs, or see someone experiencing them, call for immediate medical care. More information: www.theglobeandmail.com/ and search for "Many still miss signs of stroke".

Memory Can be Improved

The Proceedings of the National Academy of Sciences recently published a paper that indicates that training the memory can improve our ability to remember things. The paper reported the benefits of structured training exercises to strengthen memory and recall. This is good news for anyone who has ever said, "I don't have a good memory." More information: www.newyorktimes.com and search for "Memory Training Shown to Turn Up Brainpower."

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