

## GOOD HEALTH NEWS

**Health In Motion Rehabilitation Newsletter**

**Vol. 1, Issue 10, 2008**

### **Physical and Occupational Therapy for Rheumatoid Arthritis**

The most common autoimmune disease in the world is rheumatoid arthritis. Up to 1 in 100 people develop it. As with any disease, early detection and diagnosis by your doctor is important. There are a number of therapeutic approaches to treating rheumatoid arthritis. Current therapy includes “Regular exercise and physical and occupational therapy, along with medication.” Other recommendations include daily intake of fish oil. More information: [www.newyorktimes.com](http://www.newyorktimes.com) and search for: “Living Better With Rheumatoid Arthritis.” Both physical and occupational therapy are provided at Health In Motion Rehabilitation

### **Warning about Cell Phone Use**

Researchers have completed many studies about the possibility that using cell phones may be linked to cancer. Most studies so far have found no link. However, a study at the Pittsburgh Cancer Institute suggests that the electromagnetic fields generated by a cell phone may trigger the development of cancer. At this point we recommend reducing cell phone use until the research in this field comes to agreement on whether using cell phones pose dangers or not. More information: [www.globeandmail.com](http://www.globeandmail.com) and search for “U.S. cancer researcher bucks accepted wisdom with warning on cell phone use.”

### **Falling May be Dangerous for the Elderly**

When we are young we take falls as a normal part of growing up. Falls for the middle aged may be serious. And a fall for the elderly may be dangerous. In the United States, falls are the leading cause of death from injury for people over 65. If you have elderly parents, make sure that the floors of their homes are not cluttered, and that there are no slippery floors. If your parents are in a retirement home, find out if the home offers fall prevention training for residents. If the home doesn't have this program, ask them about bringing one in for the residents. An ounce of prevention is worth a pound of cure. Rehabilitation for the elderly may be a long and slow process. More information at: [www.newyorktimes.com](http://www.newyorktimes.com) : “For Elderly, a Little Fall Can Carry Big Worries.”

### **Exercise May be Beneficial for the Elderly**

As people age, they lose muscle tissue, strength, and bone. These losses cause loss of mobility and independence. Most older people want to retain their mobility and independence as long as they can. There is a great deal of research accumulating about the benefits of exercise for older people. More information: [www.newyorktimes.com](http://www.newyorktimes.com) and search for: “Fit, Not Frail: Exercise as a Tonic for Aging.” This article is an excellent summary of the benefits of exercise for the elderly. Any new exercise program must be appropriate for the age and condition of someone who is elderly. For recommendations contact your doctor, or physiotherapist or occupational therapist.

### **What’s the Story with Coffee?**

Is coffee a diuretic? In low consumption, no. Above 575 milligrams/day, yes. Does it raise blood pressure? Unlikely. What is the relationship of coffee to hypertension? Cancer? Bone loss? Weight loss? What are the health benefits of coffee? This newsletter is too short to answer all of these questions. But there are many answers at [www.newyorktimes.com](http://www.newyorktimes.com) and search for “Sorting Out Coffee’s Contradictions.” One thing is for sure—coffee is a mood elevator.

### **True or False?**

Can thunderstorms set off asthma attacks? I would have guessed that the answer is “No.” But for many people, thunderstorms may lead to asthma attacks. More information: [www.newyorktimes.com](http://www.newyorktimes.com) and search for: “Really? Thunderstorms can set off asthma attacks.”

### **Health In Motion Moves to a New Offices**

Health In Motion Rehabilitation is moving to **4256 Bathurst Street, Suite 204, Toronto**. At the end of October, Health In Motion moves to a much larger suite of offices in a Medical Building in the Shepherd and Bathurst area. There are seven new Treatment Rooms in the new offices, as well as a spacious Reception Area and Waiting Room. The offices are fully wheelchair accessible. New rehabilitation programmes will also be available at the new offices. The offices are under construction now. The telephone number and email address for Health In Motion will remain unchanged.

Watch our website, *Shalom Toronto*, and *Russian Express News* for the date that our offices move. It will be good to see you there!

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