

## GOOD HEALTH NEWS

### **Physiotherapy and Exercise Following a Stroke**

There is more research about the benefits of physiotherapy and appropriate exercise for someone who has experienced a Stroke. A recent health article in the *New York Times* describes these benefits ([www.newyorktimes.com](http://www.newyorktimes.com)) in the Health section of this paper. Search for “Signs of Progress Long After Stroke.”

The study (<http://americanheart.mediaroom.com/index.php?s=43&item=502>) in a medical journal, closely examined exercise on a treadmill for patients recovering from a Stroke. Patients who walked on a treadmill saw significant increases in their ability to walk. Long after the Stroke, the study also found that undamaged areas of the brain began to help these patients perform other tasks. Health In Motion provides physical therapy and appropriate exercises for patients recovering from a Stroke.

A Stroke is a medical emergency that requires immediate treatment. The Warning Signs of a Stroke appear at the Health In Motion website at the Stroke (CVA) page. Most people do not recognize the sign. Read them now. For a testimonial about the benefits of physiotherapy and neuro developmental therapy for a Stroke, go to our What Our Clients Say About Us Page: ([www.healthinmotionrehab.com](http://www.healthinmotionrehab.com)). For information about the benefits of physical activity and exercise following a Stroke: <http://circ.ahajournals.org/cgi/content/full/109/16/2031>

### **Reduced Stress and Diet Changes for Irritable Bowel Syndrome**

Irritable Bowel Syndrome (IBS) refers to a condition with a number of symptoms such as bloating, abdominal pain, gas, diarrhea or constipation. Recent research suggests that dietary changes and stress reduction may reduce IBS symptoms. Massage therapy may help to reduce stress levels. The Nutrition Page at the Health In Motion website has recommendations that are in line with recent research. A *New York Times* article, “Let the Mind Help Tame an Irritable Bowel,” suggests keeping a food diary that lists the intake of foods that may trigger IBS, along with a list of the occurrence of IBS symptoms.

Go to: <http://www.nytimes.com/2008/09/02/health/02brod.html?ref=health> .

The **Director of Health in Motion Rehabilitation will speak about IBS in Toronto**, October 16, 2008. For the location and other details, go to the Company News Page at our website: [www.healthinmotionrehab.com](http://www.healthinmotionrehab.com)

## **Doubts about Flu Vaccine for Seniors**

Doubts have been raised about the benefits of flu shots for older people. Some doctors are still convinced that they provide a measure of protection for the elderly. Other doctors and researchers doubt this protection, and point to a number of recent studies that question the value of earlier research into the benefits of influenza vaccine for the elderly. Some researchers call for flu shots for one group of the elderly, and not for another. There are also calls for additional research to settle this issue in a recent *New York Times* article.

Whether or not you decide to get flu shots this winter, there are still two important things you can do to reduce the risk that you will get influenza. One is to stay away from people who are sick. The other is to wash your hands frequently, especially before meals, after using the bathroom, and after touching surfaces that are used by many people, such as door handles. Go to: <http://www.nytimes.com/2008/09/02/health/02flu.html?ref=health>

## **Researchers Question Wide Use of HPV Vaccines**

The widespread use of another vaccine has been called into question. HPV (human papillomavirus) vaccines have been given to tens of millions of girls and women in the last two years. The effectiveness of these two vaccines to prevent cervical cancer has been criticized widely in some trustworthy publications. A summary appears here: [http://www.nytimes.com/2008/08/21/health/21vaccine.html?\\_r=1&hp&oref=slogin](http://www.nytimes.com/2008/08/21/health/21vaccine.html?_r=1&hp&oref=slogin)

## **Socializing May Delay Memory Problems for Seniors**

Most of us feel better when we visit with friends and family. For the elderly, it appears that there is even a better reason to socialize. A recent study suggests that seniors who socialize with family, friends, and community groups retain a healthy memory longer than people who are more isolated. For more information, go to: <http://well.blogs.nytimes.com/2008/06/04/socializing-appears-to-delay-memory-problems/>

## **Real Nutrition from Real Food**

Recent research suggests that fresh locally grown food is far more nutritious than taking vitamin pills in the morning. *Good Health News* has always supported this type of diet. For more information about good health from good meals, go to: <http://well.blogs.nytimes.com/2007/11/05/the-case-for-real-food/?scp=5&sq=vitamins%20-%20natural&st=cse>

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