

Good Health News



Winter wonderland: Take it easy on your heart when you shovel snow.

FEATURE

Take it easy on your heart while shoveling snow

A Toronto heart doctor has some tips for shoveling snow. Warm up before shoveling, so that your muscles are more ready for the extra work load. Don't shovel snow after a big meal. Don't shovel after smoking a cigarette. And don't overdo it—if you feel tired or cold, take a break for a while. More information: Search for "The cold truth: Shoveling is hard on the heart" at www.globeandmail.com

Botox linked to deaths

Botox is used for a number of purposes. One of them is to reduce wrinkles on the face. The New York Times recently published a warning about the use of this drug. It has caused poisoning, and in some cases death. More information: Search for "Botox Linked to Deaths" at www.nytimes.com

Hormone replacement therapy and dementia

There have been a number of health conditions associated with postmenopausal hormone therapy. New research has discovered another concern about hormone therapy for older women. Hormone therapy for older women has shown an increased risk of dementia and cognitive decline. Cognitive function is associated with brain activities such as thinking, memory and problem solving. More information: Search for "Hormone Therapy Linked to Dementia" at www.globeandmail.com

Cold ointments linked to breathing problems

Doctors have discovered that misuse of cold ointments may trigger breathing problems in young children. In a number of cases, applying an ointment such as Vicks VapoRub in or under a very young child's nostrils may cause difficulty breathing. On the product label Vicks recommends consulting a doctor before using the ointment on a child younger than 2 years old. Vicks also recommends not applying the ointment in a child's nostrils. It's a good idea to read all product labels before using any remedies. More information: Search for "Cold ointments may spell serious breathing problems for children" at www.globeandmail.com

High blood sugar is bad for memory

Health In Motion continues to recommend a diet that is high in fresh food, such as fruit and vegetables. A diet should also be low in processed foods such as sugar. See the Nutrition Page at our website. Recent research indicates spikes in blood sugar levels can reduce the ability of our memories to recall things. This concern about regulating blood glucose levels is especially strong for older people. As people age, the ability to regulate glucose declines. As regulation declines, blood sugar levels have a tendency to spike. More information: Search for “Elevated Blood Sugar Found Bad for Memory” at www.nytimes.com

Vitamin D deficiency and C-sections

If you are a regular reader of Good Health News, you will be aware of the number of health risks associated with Vitamin D deficiency. The risks include Multiple Sclerosis, breast cancer, diabetes, and heart attack. A recent study has found that Vitamin D deficiency may increase the likelihood of having a C-section during birth. More information: Search for “Vitamin D Deficiency Is Tied to C-Sections” at www.nytimes.com

Acetaminophen risk for babies

Acetaminophen appears in a number of medications,

and is commonly sold as Tylenol. Medicating a baby with acetaminophen in the first year of life is associated increased risk for asthma, eczema and allergic runny nose as the child grows up. At this point, there is an association. An association does not prove that there is a causal relationship. More information: Search for “Acetaminophen in Babies May Raise Risk” at www.nytimes.com

Butting out cigarettes may help arthritis

A recent and fairly large study provides hope for people with rheumatoid arthritis who are smokers. Smokers with this type of arthritis who kicked the habit, experienced a noticeable improvement in their arthritic symptoms. More information: Search for “Kicking the Habit May Help Arthritis” at www.nytimes.com

The month after a heart attack is critical

Most of us know that when someone has had a heart attack that they need immediate care. In addition, a new study finds that health care during the first month after a heart attack is critical in preventing another attack and sudden death. More information: Search “First Month After a Heart Attack is Crucial” at www.nytimes.com



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