

# Good Health News



Another good reason for adequate vitamin D

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## FEATURE

# Vitamin D and the MS Gene

**Good Health News** has been covering the many benefits of Vitamin D since we started publishing. The latest benefit of adequate Vitamin D affects pregnant women. Adequate D during pregnancy reduces the child's risk of developing Multiple Sclerosis. This is more important news about Multiple Sclerosis. Canada has one of the highest MS rates in the world. More information at "Vitamin D helps control gene implicated in MS" at [www.globeandmail.com](http://www.globeandmail.com). Also see the Multiple Sclerosis Page and numerous Vitamin D articles in the Good Health News archives at [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca)

## Muscle strengthening helps after knee replacement

A new study examined recovery rates after knee replacement surgery. Electrical stimulation seemed to not make a difference in the rate of recovery. However, muscle strengthening seems to have brought patients back to almost normal function for their age. More information at "Muscle Strengthening Aids New Knees" at [www.newyorktimes.com](http://www.newyorktimes.com). Also see the Hip and Knee Replacement and Physiotherapy Pages at [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca). Health In Motion Physiotherapists are members of the Canadian Physiotherapy Association.

## Eat fewer sweets for better memory

As we get older our ability to digest and metabolize large meals and sweets declines. A recent study found that reducing meal sizes and calorie intake reduced insulin levels and inflammation, and led to improved memory. More information at "Another Potential Benefit of Cutting Calories: Better Memory" at [www.newyorktimes.com](http://www.newyorktimes.com). Also see the Nutrition Page at [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca)

## BPA may be more widely absorbed

Good Health News has been following the news about bisphenol A (BPA) in many of our previous issues. A recent study suggests that in addition to BPA absorption from hard plastic bottles, BPA may be absorbed from PVC water pipes, and even carbonless cash register receipts. More information, at "Food may not be sole BPA source" at [www.globeandmail.com](http://www.globeandmail.com). Also see the BPA articles in the Good Health News archives at [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca)

## Health Canada labels shampoo ingredients as toxic

Health Canada has labelled D4 and D5 as toxic. They're found in many personal care products such as shampoo and deodorant. They may now be controlled or

banned by the Canadian government. Until then, check lists of ingredients and see “Ottawa slaps toxic designation on chemicals . . .” at [www.globeandmail.com](http://www.globeandmail.com)

#### LG recalls cell phone

Due to excessive radiation concerns, Industry Canada has required LG to stop selling the LG 150 flip phone. In response, LG has recalled all LG 150 cell phones in Canada, and will provide a free replacement until March 31, 2009. See [www.globeandmail.com](http://www.globeandmail.com)

#### Fruits and vegetables may lower risk of breast cancer recurring

Health In Motion continues to recommend a diet that is high in fresh fruits and vegetables. There is more support for our recommendation. A new study reports that some breast cancer survivors who eat a diet high in fruits and vegetables may reduce the risk of tumours recurring. There are some extenuating circumstances. More information at “Fruits and veggies help lower breast-cancer risk” at [www.globeandmail.com](http://www.globeandmail.com). Also see the Nutrition Page at [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca)

#### Hormone replacement therapy linked to breast cancer

Hormone replacement therapy (HRT) for postmenopausal women has been controversial since it was introduced. A new study indicates that if women taking HRT stop taking it, their risk for breast cancer will drop dramatically. More information at “Breast cancer risk,

HRT link confirmed” at [www.globeandmail.com](http://www.globeandmail.com)

#### Cancer risk higher in certain jobs

A recent study indicates that the frequency of non-Hodgkin’s lymphoma is higher in some professions. This immune system cancer occurs more often among farmers, printers, leather workers, and some electronic industry workers. More information at “Cancer risk higher for particular occupations” at [www.globeandmail.com](http://www.globeandmail.com)

#### Good Health in small doses

Health In Motion News: Read our regular column in the Shalom Toronto newspaper.

Health In Motion is Hiring. Check out the Career Opportunity Page at our website.

Next Health In Motion Workshop: Children with Disabilities on Wednesday April 22, 2009 at 7:00 to 9:00 pm. Free. Check out the Clinic News Page at our website.

For Your Good Health: Bookmark this site [www.healthinmotionrehab.ca](http://www.healthinmotionrehab.ca)



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