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# Healthy Notes

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**Chiropractic can't eliminate stress, but regular care can enhance your ability to deal with it.**

## Behavior: TV Viewing Habits Tied to Life Expectancy

By RONI CARYN RABIN

A new study from Australia suggests that couch potatoes live shorter lives.

The study followed 8,800 adults ages 25 and older for six and a half years and found that each daily hour of television viewing was associated with an 18 percent increase in deaths from heart disease and an 11 percent increase in overall mortality.

Those who watched television four hours or more a day were 80 percent more likely to die of cardiovascular disease than those who watched two hours or less, and 46 percent more likely to die of any cause. And it did not matter whether they were overweight, according to the study, which appeared Jan. 11 in the online edition of *Circulation: Journal of the American Heart Association*.

Although it is possible that people who were already ill watched more television than those who were healthy, the researchers tried to rule that out by excluding subjects who already had heart disease and by adjusting for differences in risk factors like diet and smoking.

While the benefits of physical activity have been well studied, there is growing interest among researchers in assessing the effects of being sedentary.

"For many people, on a daily basis, they simply shift from one chair to another -- from the chair in the car to the chair in the office to the chair in front of the television," said the study's lead author, David Dunstan of the Baker IDI Heart and Diabetes Institute in Victoria, Australia. "Even if someone has

a healthy body weight, sitting for long periods still has an unhealthy influence on blood sugar and blood fats."

## Behavior: Napping Can Prime the Brain for Learning

By RONI CARYN RABIN

Bring back the siesta.

It turns out that toddlers are not the only ones who do better after an afternoon nap. New research has found that young adults who slept for 90 minutes after lunch raised their learning power, their [memory](#) apparently primed to absorb new facts.

Other studies have indicated that sleep helps consolidate memories after cramming, but the new study suggests that sleep can actually restore the ability to learn.

The findings, which have not yet been published, were presented Sunday at the annual meeting of the American Association for the Advancement of Science in San Diego.

"You need to sleep before learning, to prepare your brain, like a dry sponge, to absorb new information," said the lead investigator, Matthew P. Walker, an assistant professor of [psychology](#) and neuroscience at the [University of California, Berkeley](#).

The study recruited 39 healthy young adults and divided them into two groups. All 39 were asked to learn 100 names and faces at noon, and then to learn a different set of names and faces at 6 p.m. But 20 of the volunteers who slept for 90 minutes between the two learning sessions improved their scores by 10 percent on average after sleeping; the scores of those who didn't nap actually dropped by 10 percent.

## **Attention:**

***The Office Will Be Closed***

***Saturday March 13<sup>th</sup>***

***Monday March 22<sup>nd</sup>***

***Office Hours on Good Friday (April 2<sup>nd</sup>) will be 7:30am - 11am only***

## **Children: Rate of Chronic Health Problems Rises**

By RONI CARYN RABIN

Childhood rates of chronic health problems, including [obesity](#), [asthma](#) and learning disabilities, have doubled in just 12 years, a new study reports — to 1 in 4 children in 2006, up from 1 in 8 in 1994.

But [the findings](#), which appeared in the Feb. 17 issue of The Journal of the American Medical Association, held a welcome surprise, the researchers said: many chronic conditions resolve themselves during childhood.

While half of the children followed from 2000 through 2006 had a chronic condition at some point during the period, only one-quarter did at the study's end.

"There is much to be hopeful about," said the paper's lead author, Dr. Jeanne Van Cleve of the [Massachusetts General Hospital](#) for Children in Boston. "We're now wondering what's going on with those kids, and why a chronic condition resolves in one child while another child may not experience the same thing."

The study analyzed data from the government's [National Longitudinal Surveys](#) that included three nationally representative groups of children ages 2 through 8. Besides obesity and asthma, the scientists looked at [allergies](#), heart trouble, [impaired vision](#) and hearing, and behavior and learning problems like [attention deficit hyperactivity disorder](#).

Though the researchers did not study the reasons for the increases, they suggested possible factors: better screening and diagnosis that led to more reporting of chronic conditions; the rise in childhood obesity, which can lead to other problems; and the increasing survival of [premature babies](#) and children with [cancer](#) and other diseases, who are more likely to have health problems.

## The Ides Of March

The Ides of March (Latin: *Idus Martias*) is the name of March 15 in the Roman calendar. The term *ides* was used for the 15th day of the months of March, May, July, and October. The Ides of March was a festive day dedicated to the god Mars and a military parade was usually held. In modern times, the term *Ides of March* is best known as the date that Julius Caesar was assassinated in 709 AUC or 44 B.C.

*Happy Saint Patrick's Day*

*May you always have*

*Walls for the winds*

*A roof for the rain*

*Tea beside the fire*

*Laughter to cheer you*

*Those you love near you*

*And all your heart might*

*desire!*

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### **Walk-In Office Hours:**

Mon, Wed, Fri: 7:30am-11am  
3pm-6pm

Thursday: 7:30am-11am

Saturday: 9am-1pm

### **Appointment Hours:**

Mon, Wed, Fri: 11am - 3pm

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