

LA HEALTH NEWS

November 2008 | ISSUE 92 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

AMERICAN BEAUTY

5 TOP COSMETIC PRODUCTS

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PROUD MEMBER OF:



editor's letter

Can You Hear Me Now?

California train engineer who was sending and receiving text messages was blamed last month for causing one of the worst railroad crashes in U.S. history that killed 25 people.

Despite such risks, many Americans send and receive text messages on mobile e-mail devices in dangerous situations, according to a survey released last month that showed 77 percent have used such a device while driving a moving car.

Forty-one percent said they have used a mobile e-mail device such as a BlackBerry while skiing, on horseback or riding a bicycle, said the survey commissioned by Neverfail Inc, an Austin, Texas-based software company that provides protection for business data, operations and applications.

The engineer of a crowded commuter train was text-messaging from his cell phone seconds before his train skipped a red light and collided with a freight train near Los Angeles in September, killing 25 people, investigators found.

The Neverfail survey said the proportion of the corporate work force using company-supplied mobile devices will grow to nearly 40 percent by 2010 from just under one-quarter now.

In the economic crisis workers may feel squeezed and under pressure to use their mobile devices even more, said Michael Osterman, president of Osterman Research of Black Diamond, Washington, which conducted the survey for Neverfail.

"People are going to have to do more than they are doing now," he said. "As people get laid off, the responsibilities of the company don't go away, but the people to do the work do."

Survey shows risky use of mobile e-mail devices

Also, 11 percent of respondents said they have used such a device during a romantic moment, and 79 percent said they have used one in the bathroom, it said.

Eighteen percent have used one during a wedding, 16 percent during a funeral or memorial service and 37 percent during a graduation, it said.

The online survey was conducted August 4 through August 26, 2008, of 148 U.S. adults. The margin of error varied for each question but averaged plus or minus 5 percentage points.

Along the same topic, earlier this year the American College of Emergency Medicine warned people not to text message while walking, skating, riding a bicycle or driving. It said its members were noticing a rise in injuries and deaths related to sending text messages at inappropriate times.

Mark Ariel
Editor-In-Chief

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More CPR on Scene Boosts Cardiac Arrest Survival

Firefighters and paramedics in Los Angeles who spent at least 20 minutes giving advanced life support to people with cardiac arrest before rushing them to the hospital were far more successful at getting hearts started again, researchers said last month. Cardiac arrest occurs when the heart stops circulating blood. Survival rates for cardiac arrest that occurs outside of a hospital are very poor.

STATINS MAY CUT PNEUMONIA DEATH RISKS

Cholesterol-fighting drugs known as statins reduced the risk of dying from pneumonia or developing dangerous blood clots in the legs, adding to a growing list of benefits from the popular drugs, two research groups said last month. Statins, the world's top-selling drugs, cut heart attack and stroke risk, and research has suggested other benefits including possibly protecting against Alzheimer's disease.

FOOD COMPANIES ADD NEW NUTRITIONAL LABEL

Several of the largest U.S. food and beverage makers have agreed to implement a new nutritional labeling system on their packages aimed at helping consumers pick healthier food choices. The new Smart Choices symbol was developed by the companies, scientists, health organizations and others over the past two years that wanted to come up with one standard to identify healthier foods, participants said.

PROSTATE CANCER NOT WARDED OFF BY SUPPLEMENTS

Selenium and vitamin E supplements do not prevent prostate cancer and may in fact be a little bit dangerous, researchers reported last month. The study of 35,000 men showed the supplements did not work together or alone to prevent prostate cancer, the most common type of cancer in men in the United States.

FIBER MAY PROTECT AGAINST SMALL BOWEL CANCER

A healthy amount of fiber and whole grain foods in the diet not only protects against colon cancer, it also protects against cancer developing in the small intestine, research indicates. The small intestine makes up 75 percent of the digestive tract, yet rarely do cancers develop there, more often showing up in the large intestine, or colon, Dr. Arthur Schatzkin from the National Cancer Institute, Bethesda, Maryland and colleagues explain in the journal *Gastroenterology*.

STEROID USERS MORE PRONE TO VIOLENCE

Young men who use anabolic steroids are twice as likely to engage in violence than those who do not use the muscle-building drugs, U.S. researchers said on last month. While many scientists believe anabolic steroids -- synthetic drugs related to male sex hormones -- are linked to aggressive behavior, research has been limited. Some users refer to so-called "roid rage" fueled by the drugs.

EARLY INFECTIONS MAY INCREASE ARTHRITIS RISK

Babies with serious infections during their first year of life appear more likely to develop rheumatoid arthritis at an early age, Swedish researchers said last month. Previous studies have suggested infections somehow trigger the autoimmune condition later in life but the Swedish findings raise the possibility infections may somehow change the way an immature immune system develops, the researchers said.

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BATTLE ZONE



PATRICK SWAYZE SAYS CHEMO WAS “HELL ON WHEELS”

By Victor Melamed

AFTER A DRAMATIC WEIGHT LOSS, SWAYZE HAS GAINED 20 POUNDS BY DRINKING MUSCLE-BUILDING SHAKES AND IS NOW WORKING A 12-HOUR DAY AS THE LEAD ACTOR IN A&E'S NEW TELEVISION POLICE DRAMA “THE BEAST”

Patrick Swayze, filming again less than a year after being given a grim diagnosis of pancreatic cancer, described chemotherapy as “hell on wheels” but said work had kept him feeling positive.

Swayze, 56, best known for his dance instructor role in the movie “Dirty Dancing,” underwent months of chemotherapy and an experimental drug treatment to beat one of the most virulent forms of cancer, which experts say has only a 5 percent 5-year survival rate.

“I do find myself, at the end of the day riding home, sort of catching myself with a smile on my face,” Swayze told The New York Times in his first interview since returning to acting. “I’m proud of what I’m doing.”

After a dramatic weight loss, Swayze has gained 20 pounds by drinking muscle-building shakes and is now working a 12-hour day as the lead actor in a new television police drama “The Beast.”

“I’m still fine to work, I haven’t changed - oh, I have changed, what am I saying? It’s a battle zone I go through. Chemo, no matter how you cut it, is hell on wheels,” he told the newspaper.

“How do you nurture a positive attitude when all the statistics say you’re a dead man?” Swayze said. “You go to work.”

Swayze was diagnosed in January with pancreatic cancer, sparking a number of news reports that he was near death. At the time, he was about to start shooting episodes of “The Beast” in which he plays a veteran FBI agent.

Texas-born Swayze, who has worked as an actor and dancer on film and TV, said he first thought he was suffering from chronic indigestion. When the symptoms got worse, he went to his doctor, which led to a biopsy and the cancer diagnosis.

“Hello, goodbye, welcome to my world,” he said.

Production of “The Beast” started again in June after television executives consulted with Swayze’s doctors. In The Beast, Swayze plays an unorthodox but effective FBI veteran training a new partner (Travis Fimmel) in his hard-edged and psychologically intense style while being investigated by a secret Internal Affairs team.

Swayze found international fame after starring in “Dirty Dancing” in 1987, which inspired a hit stage show in London, Australia and Canada. He went on to star with Demi Moore in the 1990 romance “Ghost.”

“The Beast” begins airing in January on the A&E channel.

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Ben Vereen. Photo by Isak Tiner

**BROADWAY
LEGEND BEN
VEREEN
PROMOTES
DIABETES
AWARENESS**

*By
Meagan McCrary*

The amazingly talented, one and only, Tony Award-winning actor and Broadway legend, Ben Vereen is once again taking center stage this month, promoting his latest passion - diabetes awareness.

Diagnosed with type 2 diabetes in 2007, Vereen has teamed with Sanofi-Aventis, a world leader in diabetic care, to spread diabetes awareness and encourage people living with diabetes to take an active role in their health.

Take the Stage for Diabetes Awareness is a national campaign developed to educate people living with diabetes and their families about their condition and how they can live a healthy, active lifestyle. Awareness is the first step.

Today there are an estimated 24 million Americans, 5.7 million undiagnosed, living with diabetes; 14.7 percent of those 24 million people are African American. "We just don't know, and once we know we can do something about it," says Vereen. "We need to become aware, and when you become aware you can live a wonderful life."

ALL THAT JAZZ

Once in denial himself, Vereen was admitted to the hospital at the insistence of his daughter, Karon. "I was not taking care of myself. I stopped exercising, stopped going to dance classes... I just didn't feel well," explains Vereen, who received an undeniable wake-up call when doctors at the hospital told him he had diabetes and needed to start on insulin immediately.

Scared and confused, he was fortunate enough to find a doctor (Dr. Michael Bush) who explained the importance of controlling his blood sugar levels, and was willing to work with Vereen to develop a treatment for living with diabetes, which includes routine exercise, a healthy diet, diabetes medication and frequent blood sugar level screenings. Vereen encourages people living with diabetes to work closely with their doctors to determine the right program for reaching their individual health goals.

This month, Dr. Bush, a Beverly Hills endocrinologist and past clinical chief of the division of endocrinology at Cedars-Sinai Medical Center, is joining Vereen on the Take the Stage for Diabetes Awareness campaign to offer expert advice and tips to aid conversations with doctors. The awareness campaign is encouraging people to check their blood glucose levels at least once a year, and for those living with diabetes to make it a top priority.

Part of the national campaign is to address common fears related to taking insulin and diabetes. "I had many doubts and fears about taking insulin," admits Vereen. "I always thought of insulin as a last option for treating high blood sugar, and was worried about insulin injections being painful and interfering with my daily schedule."

After some gentle guidance from Dr. Bush, Vereen overcame those fears. "The addition of insulin to my overall diabetes treatment plan helps keep my blood sugar levels where they need to be -and it hasn't slowed me down."

For more information on Ben Vereen and the Take the Stage for Diabetes Awareness campaign, please visit www.bensdiabetesstory.com.



DIABETES PREVENTION TIPS

Losing a modest amount of weight by being physically active for 30 minutes, 5 days a week and following a low-fat, reduced calories meal plan will help you prevent or delay diabetes. Here are a few essential pointers to start moving more, making healthy food choices, and tracking your progress.



1. Try to eat meals and snacks at regular times every day.
2. Make sure you eat breakfast everyday.
3. Share a single dessert.
4. When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
5. Stir fry, broil, or bake with non-stick spray or low-sodium broth and cook with less oil and butter.
6. Drink a glass of water 10 minutes before your meal to take the edge off your hunger.
7. Make healthy choices at fast food restaurants. Try grilled chicken (remove skin) instead of a cheeseburger. Skip the french fries and choose a salad.
8. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full.
9. You don't have to completely cut out the foods you love to eat. Just cut down on your portion size and eat it less often.
10. Make less food look like more by serving your meal on a smaller plate.
11. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator.
12. Park as far away as possible from your favorite store at the mall.
13. Cook with a mix of spices instead of salt.
14. Always keep a healthy snack with you, such as fresh fruit, handful of nuts, whole grain crackers.
15. Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
16. Try to choose foods with little or no added sugar.
17. Eat foods made from whole-grains such as whole wheat, brown rice, oats, and whole-grain corn-every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice.
18. Don't grocery shop on an empty stomach. Make a list before you go to the store.
19. Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
20. Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a slice of cake. Peel and eat an orange instead of drinking orange juice.
21. Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.



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Junk Food Causes a Third of Heart Attacks

Diets heavy in fried foods, salty snacks and meat account for about 35 percent of heart attacks globally, researchers reported last month.

Their study of 52 countries showed that people who ate a "Western" diet based on meat, eggs and junk food were more likely to have heart attacks, while those who ate more fruits and vegetables had a lower risk.

Dr. Salim Yusuf at McMaster University in Ontario, Canada, and colleagues questioned more than 16,000 patients, 5,700 of whom had just suffered a first heart attack.

They took blood samples and had each patient fill out a detailed form on their eating habits.

They divided the volunteers into three groups. The first factor was labeled "Oriental" because

of its high loading on tofu and soy and other sauces. The second factor was labeled "Western" because of its high loading on fried food, salty snacks, and meat intake.

The third dietary factor was labeled "prudent" because of its high loadings on fruit and vegetable intake.

People who ate more fruits and vegetables had a 30 percent lower risk of heart attack compared to people who ate little or none of these foods, they found.

People eating a Western diet had a 35 percent greater risk of heart attack compared to people who consumed little or no fried foods and meat. Those eating the "Oriental" diet had an average risk of heart attack compared to the others.

People who ate more fruits and vegetables had a 30 percent lower risk

MEDITERRANEAN DIET ASTHMA PROTECTION

A Mediterranean-type diet may protect children from developing asthma and allergic rhinitis -- better known as hay fever -- research suggests. The results of the study conducted in Mexico "provide additional evidence of the benefits of healthy dietary habits and support the need for public health measures to promote a healthy diet among children," according to the study team. A Mediterranean diet is high in vegetables, fruits and nuts, legumes, fish and cereals, and low in dairy products, meat, junk food and fat.

OBESITY PILL SHOWS PROMISE

People taking NeuroSearch A/S's obesity pill tesofensine lost twice as much weight as men and women using approved weight loss drugs, Danish researchers said last month. The study findings suggest the experimental drug is safe because it had no effect on blood pressure and only raised heart rate slightly, researchers said. The company hopes to take tesofensine to phase III clinical trials early next year -- the last stage of human testing before a company can seek regulatory approval for a drug.

MORE GOOD DARK CHOCOLATE NEWS

Eating dark chocolate regularly may help lower levels of inflammation, which is strongly associated with heart and blood vessel disease, Italian researchers report. The benefits were seen when people ate up to one 20-gram serving of dark chocolate every 3 days, but eating more chocolate wasn't more beneficial; in fact, effects on CRP levels "tended to disappear" at higher consumption levels, the researchers found.



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Becky Lavelle, 33

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Intense Exercise Best for Whittling Down Fat

While any type of exercise can do a body good, people who want to reshape their figures may need to boost the intensity of their workouts, a small study suggests.

The study, which followed 27 middle-aged obese women, found that those who exercised at a high intensity for four months successfully shed fat from their midsections. Women who exercised at a low intensity, however, showed no such changes in body fat.

The findings suggest that for people who want to change their body composition, the intensity of the exercise is what matters, researchers report in the journal *Medicine & Science in Sports & Exercise*.

The real goal of losing fat around the middle, however, is not to fit into a smaller pair of

jeans, according to senior researcher Dr. Arthur Weltman, of the University of Virginia in Charlottesville.

Excess abdominal fat contributes to high blood pressure, diabetes and heart disease, and losing it can help cut these health risks.

"Improving body composition can improve overall health and quality of life, and exercise-induced reductions in total and visceral abdominal fat can significantly lower the risk of chronic disease," Weltman said.

"For obese women entering the middle and later stages of life," he explained, "reducing internal abdominal fat or preventing too much of it forming is crucial. Exercise, especially vigorous exercise, may be the best way to do it."

**Boost
workout
intensity to
reshape your
figure**

EVEN A LITTLE GOES A LONG WAY

When it comes to exercise and physical activity, people who are severely obese often feel defeated and think -- why bother. But a new study shows why they should bother, according to the study team. Even a little bit of exercise - as little as 1 hour a week - can boost their quality of life and ability to complete everyday tasks like getting dressed, tying shoes and simply moving around, the study found.

DIABETICS CAN CONTROL FATTY LIVER

Regular exercise not only helps overweight type 2 diabetics lose weight and become more physically fit, it also trims harmful fat stores from in and around the liver, a new study suggests. "Exercise reduces fat in the liver -- the fat that you don't see, but that can kill you," researchers said. Overweight or obese people with type 2 diabetes often have fatty livers, which not only increases the risk of liver cirrhosis, liver failure and cancer, but also disrupts metabolism, fuels inflammation in the body, and can lead to high lipid levels, which can harm the heart.

NEW EXERCISE GUIDELINES

Adults should aim to get 2.5 hours of exercise a week and children should run and play for at least 1 hour a day, according to new exercise guidelines issued by the U.S. government last month. The guidelines, meant to be akin to the "Food Pyramid" nutritional advice, are based on studies that show clear health benefits from regular, moderate exercise.





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PROCEDURE**

By Mark Ariel

been collected for cosmetic procedures. To obtain the data, more than 12,000 surveys were sent to plastic surgeons, dermatologists, and otolaryngologists. The findings were then used to generate national estimates.

TOP FIVE SURGICAL

The most popular cosmetic surgical procedure last year was liposuction, with nearly half a million operations performed. Rounding out the top five were breast augmentation, eyelid surgery, abdominoplasty (better known as a tummy tuck), and breast reduction.

Botox injections were far and away the most popular

The popularity of cosmetic procedures exploded in the last decade, according to a recent report by The American Society for Aesthetic Plastic Surgery. Since 1997, surgical procedures have increased by 114 percent, while non-surgical procedures rose by an impressive 754 percent, according to the report.

Eighteen percent of the procedures performed in 2007 were surgical and 82 percent were nonsurgical.

This is the 11th consecutive year that data from multiple specialties have

non-surgical procedure with nearly 2.8 million treatments logged. Hyaluronic acid injections were the next most popular with roughly half the number of Botox procedures. Other procedures making the top five were laser hair removal, microdermabrasion, and laser skin resurfacing.

The vast majority of patients undergoing cosmetic procedures were women, the report indicates. Ninety-one percent of the procedures (10.6 million) performed in 2007 were on female patients.

MEN FIGHT WRINKLES

Compared with 2006, however, there was a much greater increase in cosmetic procedures among men than women: 17 percent vs. 1 percent. The procedure with the biggest increase among women was buttock augmentation, while the biggest gainer among men was injections of calcium hydroxylapatite (Radiesse) for filling wrinkles.

Although the FDA advises against cosmetic breast augmentation in women under 18, the report indicates that nearly half the augmentations performed in this group were for cosmetic reasons. These procedures, however, represented less than one percent of the total number of breast augmentations performed in 2007.

COSMETIC BREAST SURGERY

In related news - in a survey of more than 300 women

who had one of several cosmetic breast operations, nearly 97 percent of said that the results met or exceeded their expectations. And while 43 percent of women said they experienced nipple numbness after cosmetic breast surgery, the problem persisted in only about 5 percent. The survey included women who were treated over a 5-year period.

ACUPUNCTURE NON-SURGICAL FACELIFTS

Facial acupuncture treatment, dubbed "non-surgical face-lift" has also grown in popularity over the past few years, according to a recent Reuters Health report. Acupuncture, which has been used for more than 2,000 years, involves stimulating certain points on the body, known as "qi" with needles, heat, pressure. Practitioners specializing in cosmetic acupuncture insert between 25 and 75 needles on the face to increase the circulation and stimulate collagen production, which fills in wrinkles, tightens sagging skin and eyelids and brightens a dull complexion.

COSMETIC DENTISTRY

The top cosmetic dental procedures over the past few years, according to The American Dental Association, include: Teeth Whitening (bleaching); Bonding (improving the appearance of teeth that are chipped, broken, cracked, stained, or have spaces between them. With bonding, tooth-colored materials are applied, or bonded, to the tooth surface); Enamel Shaping (modifying teeth to improve their appearance by removing or contouring enamel. The process, which often is combined with bonding, usually is quick and comfortable and the results can be seen immediately) and Veneers (thin custom-made shells designed to cover the front side of teeth. Made of tooth-colored materials, veneers are used to treat spaces between teeth and teeth that are chipped or worn, permanently stained, poorly shaped or slightly crooked).

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THE LEVEN RAMBIN CHRONICLES

*A YOUNG ACTRESS FACES THE
REALITIES OF HOLLYWOOD*

By Meagan McCrary

When 18-year-old Leven Rambin moved to Los Angeles to begin filming the second season of "Terminator: The Sara Chronicles" five months ago, she realized she needed to kick her butt into gear.

"When I first got on the show I was not working out at all, you know, taking it easy, but then when I got out here everyone on the show was really, really thin... everyone in this whole town is really, really thin. So I started working, got into better shape and I started to feel more confident," confesses Rambin, who plays Riley on the action packed FOX TV series.

Laidback and down to earth, Rambin is quickly becoming one of Hollywood's brightest young actresses, with appearances on "Law & Order: Special Victims Unit" and NBC's latest hit series, "Lipstick Jungle." In 2004 the actress got her start on "All My Children," - earning her consecutive

nominations for a Daytime Emmy for Outstanding Young Actress in a Drama Series (2006 and 2007).

Originally from Houston, Texas, Rambin moved from New York to Los Angeles following high school graduation. She now lives in Toluca Lake with her roommate and Pomeranian puppy, Baxter. She's especially enjoying filming her first prime time series.

"It's going really well. It's a lot of action, suspense and drama - stuff I've never done before," says Rambin. "I'm lucky I don't have to kick so much all the time like everyone else on the show, but you still want to look your best."

Whenever she's not working, Rambin hits the gym with one goal in mind - streamlining. Blessed with an athletic shape, the young actress builds muscle quickly and is fearful of coming across beefy, so it's all cardio - all the time. A typical day at the gym includes running on the treadmill, spinning on the bike, using the elliptical and stretching; and just to mix it up, she takes different conditioning classes once or twice a week, including hip-hop classes at the Millennium Dance Complex.

Rambin also recently started horseback riding with friends at the Los Angeles Equestrian Center, which has approximately 55 miles of trails around the center and through Griffith Park. "It definitely gives your upper back and shoulders a workout," explains Rambin.

A self-proclaimed carb addict, the actress has also had to rethink her eating habits. Rambin, who is mostly a vegetarian, is now focused on eating a more balanced and natural diet, and is working to counteract the overload of carbohydrates by incorporating a significant amount of fiber with every meal.

While feeling the pressures of Hollywood, Rambin is far from panic mode and keeps a level head about her appearance. "I've got to put in the time like everyone else, and just accept the fact that I'm not going to be one of those skinny girls," she confides.

Be sure to catch Rambin in her upcoming first full-length feature "Gigantic," starring Paul Dano and Zooey Deschanel.

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Herd Mentality Rules In Financial Crisis

Herd mentality rules during a financial crisis because people are wired to follow the crowd when times are uncertain, experts say.

Brain and behavior studies clearly show that when information is scarce and threats seem imminent, people often stop listening to their own logic and look to see what others are doing.

"People are afraid, and the reason they are afraid is there is tremendous uncertainty right now in the markets," Gregory Berns, a neuroeconomist at Emory University in Atlanta who studies the biology of economic behavior, said in a telephone interview.

In this case, however, running with the herd may not make good sense, said Paul Zak

of Claremont Graduate University.

"There is this sort of herd mentality over-reaction," Zak said in a telephone interview.

"One of my colleagues actually pulled his money out of Washington Mutual a few weeks ago. He ought to know better."

Zak said the reactions are illogical. "I see no evidence that a depression is coming but it seems like people are behaving that way," he said. "I am not a financial genius. I do know that when you see millions of people in the market essentially freaking out, that spills over into your brain and you get this impulse to do what everyone else is doing," he said. Zak knows what he is doing. "I am buying stocks," he said.

"WHEN THREATS SEEM IMMINENT, PEOPLE OFTEN STOP LISTENING TO THEIR OWN LOGIC"

FINANCIAL CRISIS TO INCREASE MENTAL WOES

The global financial crisis is likely to cause increased mental health problems and even suicides as people struggle to cope with poverty and unemployment, the World Health Organization (WHO) warned on last month. Hundreds of millions of people worldwide are already affected by mental problems such as depression and bi-polar disorders and the current market meltdown could exacerbate feelings of despair among people vulnerable to such illnesses. The WHO launched a program last month aimed at increasing funding and services for the mentally ill over the next six years.

PFIZER TO SETTLE BEXTRA, CELEBREX LAWSUITS

Pfizer Inc said last month it plans to pay \$894 million to settle lawsuits alleging that its withdrawn Bextra painkiller and widely used Celebrex arthritis drug harmed patients and defrauded consumers. The company, which still sells Celebrex, said it decided to settle to eliminate the legal distractions, although it admitted no wrongdoing. Bextra and Celebrex belong to the same class of painkillers as Vioxx, which was withdrawn after being linked to heart attacks among long-time users.

GENERIC DRUG USE BOOST

Patients are more likely to choose a money-saving generic drug over more expensive branded medicines when using a home delivery pharmacy instead of a retail drug store, according to a study by Express Scripts Inc. The likelihood of choosing a generic via home delivery was 34 percent greater than by those who filled prescriptions at retail pharmacies, according to the study.



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BY IVAN THOMAS, M.D., F.A.C.S.

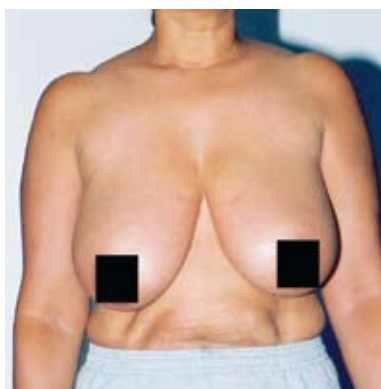
While giving birth to your bundle of joy is a precious gift - the process of pregnancy leaves permanent effects, mostly on

the breasts and abdomen. These effects can also be seen in the hips, thighs, and arms. Generalized weight gain and water retention cause enlargement of the breasts and bulging of the abdomen. The overstretched skin becomes more noticeable after delivery. The breast and abdomen become deflated, saggy, and unattractive.

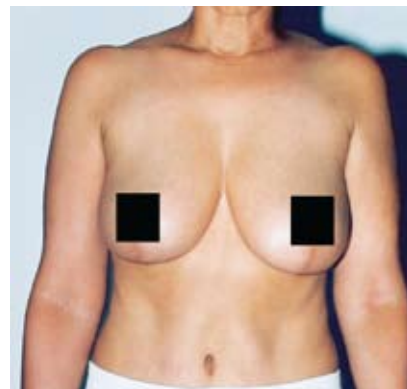
This loss of femininity can cause significant emotional stress for women. Dieting and exercise can only achieve so much as the overstretched skin and weakened abdominal muscle will almost never return to the condition prior to pregnancy. The good news is that most of these undesirable aftermaths of pregnancy and child bearing can be corrected by a combination of plastic surgery procedures collectively called a "Mommy Makeover".

TUMMY TUCK (ABDOMINOPLASTY)

As the baby grows it stretches the abdominal skin and also thins out and weakens the abdominal muscles. In addition the "abs" spread apart in the middle, and no are no longer capable of holding the abdominal organs "the guts" deep inside the tummy where they belong. Therefore the inner organs push from the inside out creating the typical after pregnancy tummy bulge. While exercising and dieting can help a little, the overstretched skin and muscles will almost never return to their prior pregnancy condition unless they are corrected surgically. Most women are under the impression that a few months of working out will tighten the skin. This is almost impossible, as there are no muscles in the skin. Overstretched skin needs to be removed. Abdominoplasty is the procedure that removes the excess skin and tightens the overstretched and weakened muscles restoring the pre-pregnancy figure. I prefer the newer "high lateral tension" technique that creates a tighter, shapelier, and more feminine abdomen and waistline. The procedure is done under general anesthesia. Recovery is approximately two weeks. The incision is made low at the pubic hairline, so that it can be concealed nicely. All suturing is done under the skin so there is no need for suture removal.



BEFORE



AFTER

BREAST LIFT/ MASTOPEXY

Pregnancy and breast-feeding often take their toll on the breasts causing a loss of substance and severe sagging. Women with sagging breasts often feel a loss of feminine appeal. This overall deflation is mainly due to a loss of baby weight, breast tissue, and an inability of the overstretched skin to shrink. Mastopexy is the operation that removes the excessive loose skin and lifts the breasts and nipples to their original youthful position. The sagging breast tissues are elevated and pushed up to fill the flatness that is commonly seen at the top of the breasts, restoring the perky, youthful appearance. Recovery time is about one week. Stitching is done underneath the skin with absorbable sutures, so there are no stitches to be removed.

BREAST AUGMENTATION

Having full, firm, and perky breasts is a desire of every woman. Unfortunately breast tissue loss, laxity of the skin, and shrinkage, of the breast size is almost inevitable after pregnancy and breast-feeding. It is not uncommon to see a C-cup breast shrink to an A-cup after delivery and breast-feeding. This loss of the symbol of femininity is very undesirable and unwelcome in women who have become moms. Breast augmentation whether with silicone or saline implants is the ideal procedure to restore the youthful breast size, shape, and feel. I prefer the implants be placed under the chest muscle as this creates a more natural shape and feel. The recovery after breast implant surgery is only one week.



Dr. Ivan Thomas, Former Chief of Plastic Surgery, Century City Hospital, is a member of the American Society of Plastic Surgeons (ASPS), American College of Surgeons, California Society of Plastic Surgeons and Los Angeles Society of Plastic Surgeons. To arrange a consultation call 310-203-8297.

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DAILY CHECKLIST FOR WELLNESS

3 Suggestions to move you toward wellness and away from dis-ease.

The good news is you are most likely going to live well into your 80s, 90s, even topping 100, longer than your parents, longer than your grandparents.

But, consider for a moment, what about the quality of your life and health? This daily checklist for wellness is a simple tool to be used as a guideline to create healthy habits that, over time, are guaranteed to move you toward wellness and away from disease.



DID YOU MOVE MORE THAN YOU SAT TODAY?

Moving your body has documented benefits for almost every ailment known to man. It makes you feel better by bringing oxygen to the cells and lubrication to the joints. It makes you look better by improving muscle tone and posture. It even makes you smile more by increasing serotonin levels in the brain. We are mostly familiar with active forms of movement like hiking, yoga & weight lifting but most people don't know that passive forms of movement are just as important to your health. Chiropractic and Massage are two of the most widely used forms of passive movement. These treatment modalities restore normal movement to injured, fixated joints and tight, painful muscles which if not corrected create pain & decreased health.



DID YOU EAT LIKE AN APE TODAY?

Considering our most genetically similar cousin is an ape - doesn't it make sense we should eat like one? Most nutritionists think so. Participants in a recent study were put on a diet mimicking that of an ape. After twelve days of eating buckets full of raw fruit and vegetables and small amounts of nuts, honey and cooked, oily fish the volunteers lost weight and saw their blood pressure and cholesterol levels improve. The health benefits experienced by the volunteers occurred most likely because switching from a "civilized" diet based mostly in processed foods to one based on an abundance of fruits & vegetables (not just an apple a day) are bound to have a beneficial effect.



DID YOU "STOP THINKING" AT LEAST ONCE TODAY?

Stress and "busyness" are the norm here in LA. But without the proper balance of quiet time we wear down our immune systems and deplete our hormone levels leading us toward stress induced insomnia, anxiety and depression. A simple solution to reverse the harmful effects of stress is Meditation. Simply sitting quietly for 10 minutes a day and actively concentrating on your breath, a phrase or an image, is enough to lower blood pressure and increase immune function.



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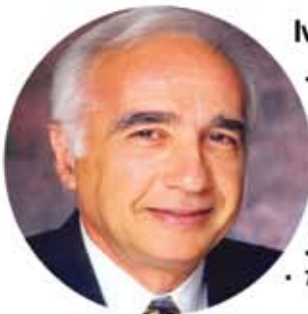
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Study Backs Laser Treatment for Sun-Damaged Skin

A procedure using a topical solution made by DUSA Pharmaceuticals Inc and laser treatment stimulates collagen production and helps rejuvenate sun-damaged skin, researchers said last month.

Their study confirmed the value of a procedure already being performed by some doctors to improve the appearance of skin with wrinkles, fine lines and "sun spots", and helps explain how it works.

University of Michigan researchers tested photodynamic therapy that combines DUSA's Levulan, a clear solution dabbed onto the skin to increase its sensitivity to light, and so-called pulsed dye laser treatment using brief flashes of a single wavelength of light.

In a group of 15 women and 10 men aged

54 to 83 with sun-damaged skin, the researchers found that the therapy increased production of collagen -- a protein that helps provide skin its texture and elasticity -- and promoted the thickening of the top layer of the skin.

"We do

believe that the treatment would, in fact, improve the appearance of patients' skin," Dr. Jeffrey Orringer, director of the University of Michigan's Cosmetic Dermatology and Laser Center, said in a telephone interview.

"It lends molecular or scientific credibility to a procedure that's being done out there, and it's also the first step in understanding how to make this treatment more effective," Orringer said.

No industry money was used to fund the study published in the journal *Archives of Dermatology*, Orringer said.

Procedure also improves the appearance of skin with wrinkles, fine lines

AESTHETIC RESULTS OF BREAST SURGERY

As a treatment for early-stage breast cancer, a surgical team has devised a new approach to removing the cancerous tissue within the breast while preserving the skin to achieve a better cosmetic appearance without compromising the cancer treatment. The procedure is a three-step process beginning with "endoscopic-assisted skin-sparing mastectomy," followed by sentinel node biopsy and immediate breast reconstruction with the implantation of a mammary prosthesis. The results suggest that for women with early breast cancer, the endoscopic-assisted approach is a suitable option that may enhance cosmetic outcomes without compromising the removal of the cancer, the researchers conclude.

HORMONE THERAPY UNLIKELY TO IMPROVE SKIN

Older women's facial wrinkles and sagging skin are not improved by a long-term, low-dose regimen of hormone therapy, a new study suggests. In the study, postmenopausal women were assigned a placebo, or to a lower- or higher-dose of hormone therapy for the purpose of controlling mild to moderate age-related skin changes. At 4, 12, 24, and 36 weeks into the study, and at the final analysis at week 48, there were no significant differences among the three groups in investigator ratings of wrinkling, sagging, or texture/dryness.

LITTLE RED DRESS

If a woman wants to drive the men wild, she might want to dress in red. Men rated a woman shown in photographs as more sexually attractive if she was wearing red clothing or if she was shown in an image framed by a red border rather than some other color, researchers said last month.





BREATHE LA

COPD AWARENESS DAY

November 14 has been declared Breathe LA COPD Awareness Day by Los Angeles City Council

Are You Aware?

- **COPD is #4 Leading Cause of Death in the United States and kills more women than men each year**
- **COPD is predominantly caused by cigarette smoking**
- **COPD symptoms include breathlessness and coughing**
- **COPD can be diagnosed with a simple breathing test**

COPD is a group of degenerative, irreversible and debilitating lung diseases that cannot be cured, including Emphysema and Chronic Bronchitis. There are over 1.6 million diagnosed cases of COPD in California. The terrible surprise of COPD is that it is a progressive, irreversible disease that waits to present symptoms until long after smoking and air pollution damage has taken hold in the lungs.

"Oh yes, I smoked," laughs Darlene, 67, a retired government worker, "I ran for a bus and got so out of breath, coughing and wheezing so bad, that I scared a lot of people on that bus and decided to quit smoking that day."

Diagnosed with COPD, Darlene is taking part in BREATHE LA Center for Healthy Lungs COPD Research Study at UCLA, "I'm seeing a real improvement. It makes such a difference." Study participants are guided through an exercise regimen to increase lung capacity. A devastating lung disease like COPD can be frightening but there is hope. Early detection and effective treatment, including exercise and oxygen therapy, can delay debilitation and improve day to day quality of life.

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By Dr. Nathan Newman



The invention of advanced technologies provides us the ability to reverse the signs of aging and to correct undesirable facial features to give natural results with minimal risk, recovery time and at a fraction of the cost of the old style face lifts.

FACIAL FULLNESS

The fullness around the eyes, the cheeks and the pre-jowl area on the jaw is key to youthfulness. As we age we lose the fat in these areas and we begin to seem tired, hollow, sunken, gaunt, and old.

SKIN TONE & ELASTICITY

Skin exposure to the sun and the environment, even with the routine of daily life, causes the skin to change color, texture and to lose its elasticity. Sunspots, precancerous growths, patchy areas of rough, dry and oily areas appear over time, along with acne scars and other injuries to the skin appear over time and cause the skin to look aged and worn.

RESTORING FULLNESS

The desired amount of facial volume can be restored with fillers. Your own body fat is the most natural and most cost effective filler that can be injected. However, the number of FDA approved skin fillers to correct wrinkles, acne scars and to give fullness is increasing yearly. The types of fillers and their brand names include collagen (Evolence), hyaluronic acid-based fillers (Restylane, Juvederm, Hyalform, Perlane, and Elevee), calcium hydroxylapatite (Radiesse), poly-L-lactic acid (Sculptra), polymethylmethacrylate microspheres (PMMA) in bovine-based collagen (ArteFill) and silicon. These fillers last from 6 months to 2 or more years.

THE FAT CELL ADVANTAGE

The best and most natural filler is fat. With fat transfer the fat is taken from an undesired part of the body, like a mini-liposuction, and the fat is injected using a needle into the desired areas to increase its volume. The fat cells are larger than the other fillers available and therefore it can give much more volume at a more cost-effective

manner. The fat cells are alive and become part of the area that it is injected into. It does not move and once the fat grafting is completed the fat is permanent filler. But perhaps the most unique advantage of fat is that it contains adult stem cells. Stem cells are precursor cells that have the potential to grow and take the form of its surrounding tissues. New technological advances have made it possible for us to concentrate the adult stem cells naturally found in the fat to yield a better and more effective treatment results.

REPAIRING SKIN DAMAGE

The skin goes through tremendous wear and tear over the years. Combining chemical peels and laser treatments you can restore the smooth, firm and even toned skin glow to your skin. The strength and type of the treatments should be individualized to your needs to achieve the desired results.

OTHER TREATMENTS COMBINATIONS TO CONSIDER

In some cases other treatments may need to be added to achieve the desired results. These treatments may include lipo-sculpture, suspension lift, brow-lift, eye-lid lift, jaw augmentation, lip enhancement, Mesotherapy, Botox and others as indicated on an individual basis.

SUMMARY

Face lift surgery for most patients today does not require a risky surgery with the scars and at times complications associated with the older surgical methods. Today's technology has made possible the beautiful and natural looking Composite Scar-Free Face Lift by combining different treatment techniques to reverse the signs of aging by repairing, renewing, filling and lifting the skin with long lasting results, minimal risk, minimal recovery time and in a cost effective manner.



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So make a promise to Go Red For Women! Call the Los Angeles office of the American Heart Association at (213) 291-7000 for more information.

DRUG FREE MIGRAINE TREATMENT

PUT THE MOTRIN BACK IN THE MEDICINE CABINET. THERE ARE OTHER WAYS TO TREAT MIGRAINE. AMONG THE MOST SUCCESSFUL ARE SELF-CONTROL STRATEGIES USING HEG NEUROFEEDBACK

By Mark Ariel



When Adam got off the bus after school, he knew what to expect. By the time he walked through the kitchen door, his head had begun to throb and his stomach was churning. Objects were surrounded with a sickish aura of light and he saw jagged patterns whenever he shifted his eyes. Despite his nausea, he took two Tylenol and made it to his bedroom. Lights off, head under the covers, Adam waited for his mom to come home from work. He knew he wouldn't do any homework today. But he was too sick to care or to worry about his plummeting grades. He didn't even think about the appointment next week with his Neurotherapist to start HEG Neurofeedback.

Migraine headaches are extremely common among children, as well as adults. Nobody knows why, but young and middle-aged women are especially susceptible. The usual medical "remedy" is high-powered painkillers and vasoconstricting drugs that treat the pain but not the cause.

Migraines occur when blood vessels expand and push against sensitive tissue. Persons with migraines tend to be chronically tense, but ironically it is when they finally relax that the migraine strikes. This is why migraines often happen on Friday afternoon, when the person is able to relax after a week at work or school.

Little known to the general run of physicians, even to neurologists, there are other ways to treat migraine. Among the most successful are self-control strategies using HEG Neurofeedback.

HEG (Hemoencephalography - the study of brain blood flow) Neurofeedback simply means giving you in-

formation about your physiological states and allowing you to learn to control them.

HEG Neurofeedback is a way to gain conscious control over one's physiology: mind over matter. But, in a deeper sense, HEG Neurofeedback is also a way to tune into your body's wisdom, turn off your mind, and allow your brain to self-regulate. This mind-body unity is achieved when your conscious mind is in a state of focused relaxation -- quiet but highly alert. It is like the state of "flow" that successful athletes sometimes feel when they "just know" the putt will go into the hole or when the story just writes itself.

Classical HEG Neurofeedback for migraine involves learning to warm the hands, reduce sweating, slow down breathing, and lower muscle tension. There are separate instruments that measure each of these, and information is presented to the client on a computer screen. By controlling a display - similar to a hands free video game - these physiological processes such as migraines, stress, and anxiety - become normalized.

The results over the years have been striking: about 80-90% of clients report significant improvement in migraine frequency or intensity, and over half have no migraines at all following the treatment.

The best news is that in most cases the HEG Neurofeedback is quite fast, often giving relief from headaches in as little as 2-5 sessions.

For more info contact the Biofeedback Institute of Los Angeles at 323.930.8500 or visit: BrainExerciseWorks.com

ECONOMY DOWN, WAIST LINES AND FAST FOOD PROFITS UP!



By Mignon Marquina, MD

Is the economy affecting your health? Many people are feeling the impact of economic stress hitting not only their pocket books, but their waistlines as well.

As people turn more and more to convenient and fast foods, these establishments are posting 3rd quarter profits. Unfortunately, their gain is costing you dearly on the scale, and on your health.

Stress, particularly economic stress, can rapidly derail your efforts to get and stay healthy if you're not careful. The irony is that preparing meals and eating at home helps keep the family unit strong, and helps you control your appetite, cravings, and mood, while saving you money!

Tough economic times call for more fruits and vegetables, less fried and fatty foods, and more lean protein in your diet. The sugary, fatty foods, do give some people a temporary reprieve from their downward mood, however, once

the impact of those dense calories hits (or sticks) home, the net effect is negative.

Take a moment out of your busy day to pack your lunch, you'll be glad you did. Fill it with something that makes you feel positive, like a lean, grilled, marinated chicken breast, and grilled asparagus. Need something sweet? Do something nice for someone. Need help with motivation? Give us a call.

Mignon Marquina, MD is in private practice in Beverly Hills and near LAX. In addition to providing effective diet programs, she offers weight coaching for people inside and outside the Greater Los Angeles area. Make your investment count, call 310-673-9300 to schedule a consultation. Or visit her on the web at www.weightcoachmd.com.

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A BEAUTIFUL SMILE IS ALWAYS IN STYLE

Beauty is a mystery! But if we study the beauty of nature, teeth, or art we will discover a common principle running throughout. This common principle is the universal recognition of pleasant proportions.

We all have a natural understanding of good proportions much in the same way as we know how to divide a line in half or erect a perpendicular line. It seems that we easily agree that an object of art has good or bad proportion, or that this face looks too long, or too short and out of proportion. This magical connecting thread of proportion, known since antiquity, it is known as the Golden Proportion, it is a phenomenon related to beauty.

The Golden Proportion is found throughout nature, architecture, mathematics, and design. It is the relationship of size or length of 1:1, 1:2, 1:1.6. By understanding this concept the dentist is able to create a beautiful smile. What is right for one person may not be right for another. But using this building block of beauty, we can easily apply it to our dental work and be confident of success.

The most important point to understand here is

that your smile should look great on you. Sometimes it is just a matter of recontouring your teeth to get the proportions correct or it may be necessary to re-create the teeth in porcelain or bonding resin. A trained dentist will have many ways to help you accomplish your dream smile.

Bruce F. Beard, DDS, is an active member of the Dental Organization for Conscious Sedation, the American Academy of Cosmetic Dentistry, CDA, ADA and a Past Chairman of the SFVDS Peer Review, Trained at the Las Vegas Institute of Advanced Dental Studies, Dr. Beard is a leader in cosmetic dentistry &, trained in laser dentistry. Author of the "Home Dental Tips for Dummies." For more info: www.SensationalSmileCenter.com or call at 818-276-1798. For more info: www.SensationalSmileCenter.com or call at 818-276-1798



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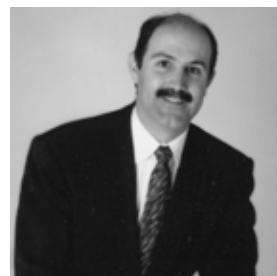
Millions of Americans who have lost their teeth suffer with the necessary evil of removable dentures. Dentures do replace the look of having teeth, but for many patients their function is barely adequate. Loose and uncomfortable dentures are something patients just accept, and many have given up on eating the types of foods they enjoy most.

Fortunately, "Mini" dental implants have provided a way to give patients back their function and enjoyment of their favorite foods. And the best part for denture wearers is that it can be done without having to go through the extensive surgery normally needed for a full mouth implant reconstruction. And unlike conventional implants where you wait for 6-9 months of healing followed by the attachment of new permanent crowns or extensive bridgework, Mini implants can work with your existing dentures and partials and in many cases you can be chewing on them the next day!

So, how do they work? Mini implants are basically anchors placed in the jawbone that attach to clips or snaps placed underneath a conventional denture or partial. This eliminates the looseness as the denture is now securely

attached to the Mini implant anchor so it is no longer just floating on the gums. In addition, the Mini implant adds support underneath the denture to allow for much greater biting force. So, if you already have a denture but are not happy about your ability to chew, consider Mini implants. They are a much simpler procedure than traditional implants, they are ready to chew on right away, and they can return the enjoyment of favorite foods you've been missing out on for years.

Dr. Manny Fernandez, DDS, USC Dental School, Member of the American and California Dental Associations, Trained at Las Vegas Institute for Advanced Dental Studies, Trained Sedation Dentist (DOCS), Certified Invisalign Provider, For more info visit www.SensationalSmileCenter.com or call at 818-276-1798





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Gas Heaters, Stoves May Worsen Kids' Asthma

Use of natural gas-powered space heaters, ovens, and cooking stoves in the home may worsen asthma symptoms in preschoolers, study findings suggest.

In the study, Dr. Gregory Diette, of Johns Hopkins University in Baltimore, Maryland and colleagues found that asthma flare-ups in young children were directly related to high concentrations of nitrogen dioxide in the inner city homes they studied.

Any household device that uses natural gas, especially one that is improperly vented, can release nitrogen dioxide into the home, Diette told Reuters Health.

Since the toxic gas travels throughout the house, where preschool-age children likely spend most of their time, "children cannot

avoid the gas by, for example, not being in the kitchen at the time of cooking," Diette noted.

He and colleagues measured nitrogen dioxide concentrations in the bedrooms of 150 primarily African-American boys and girls aged 2 to 6 years old. Sixty-three percent of the children had persistent asthma symptoms.

The children lived in inner-city homes in Baltimore, most with gas cooking stoves (83 percent) or heated with natural gas (72 percent). Forty-two percent of the households were poor, with annual incomes of less than \$25,000.

Use of gas stoves, space heaters or home heating with a stove or an oven, either in combination or alone, each drove up nitrogen dioxide levels, Diette and colleagues found.

Any household device that uses natural gas can release nitrogen dioxide

NATURE HELPS KIDS WITH ADHD

Kids with attention deficit hyperactivity disorder (ADHD) show "substantial" improvement after a 20-minute nature walk, a new study shows. The benefit of this "dose of nature" was equal to the peak effect seen with extended-dose Ritalin, researchers found. "It's not saying that nature can replace medication, but it has a comparable effect on how they score" on tests of attention, researchers said.

APPENDICITIS AIR POLLUTION LINK

High levels of air pollution may increase the risk of appendicitis in adults, according to the results of a study conducted in Canada and reported last month at the 73rd annual scientific meeting of the American College of Gastroenterology. This study "provides epidemiologic evidence that some cases of appendicitis may be triggered by exposures to air pollutants," principle investigator Dr. Gilaad G. Kaplan from the University of Calgary notes in a university-issued statement. This relationship may explain the drop in appendicitis rates "in North America and Europe in the latter part of the twentieth century... In developing countries, rates of appendicitis are actually quite low but as these countries become more industrialized, we start to see the disease emerge," Kaplan added.

SMOKERS' BRAIN POWER DECLINES FASTER

Smokers face a speedier decline in several measures of cognitive function by middle age compared with their non-smoking peers, new research shows. "Our results indicate that giving up smoking at any age may prevent further smoking-induced cognitive decline," researchers conclude.



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Ginkgo Extract Offers Promise to Cut Stroke

Extract from the leaves of the ginkgo tree offers promise to minimize brain damage caused by a stroke, scientists announced last month.

Mice given daily doses of ginkgo biloba extract before having a stroke induced in the laboratory suffered only about half the damage as animals not given it, researchers at Johns Hopkins University in Baltimore report.

Mice that did not get ginkgo before a stroke but were given it five minutes after a stroke sustained nearly 60 percent less damage in the day after the stroke than those not given ginkgo. And mice given ginkgo 4-1/2 hours after a stroke had about a third less damage than those not given ginkgo.

The researchers said ginkgo may offer

the same benefits in people -- which would be particularly important because not much can be done to protect the brain after a stroke.

"We tested the concept of preventive medicine by giving ginkgo before stroke and we showed protection," said lead study author Sylvain Dore.

"And the other thing we showed is the potential therapeutic application of ginkgo. So it was given after the stroke and we also showed protection," Dore said in a telephone interview.

Dore said ginkgo raises levels of heme oxygenase-1, or HO-1, which is an enzyme that acts as an antioxidant to protect against cell damage from "free radicals" -- toxic oxygen molecules released by cells when they are under stress.

GINKGO RAISES LEVELS AN ENZYME THAT ACTS AS AN ANTIOXIDANT

HORNY GOAT WEED VIAGRA ALTERNATIVE

A Chinese herbal remedy called horny goat weed is a promising alternative to Viagra for impotent men, Italian researchers said last month. The herb has long held a reputation as a natural aphrodisiac. The lab experiments, which did not look at whether the plant actually increases desire, could lead to new drugs to help men get erections, said Mario Dell'Agli, a researcher at the University of Milan, who led the study. "This could be the natural Viagra," he said in a telephone interview. "The novelty is that we have synthesised a new molecule that one day may be able to replace Viagra."

VITAMIN C MAY BLUNT EFFECT OF CHEMOTHERAPY

Vitamin C supplements may undercut the effectiveness of cancer drugs including Novartis' Gleevec (or Glivec), a study published last month showed. When used on human cancer cells treated with a form of vitamin C in lab dishes, chemotherapy drugs killed 30 percent to 70 percent fewer tumor cells than usual, the scientists wrote in the journal Cancer Research.

ACUPUNCTURE COOLS HOT FLASHES

For women who suffer severe hot flashes during breast cancer treatment, acupuncture may provide effective, long-lasting relief of this treatment side effect, according to research presented at the 50th annual meeting of the American Society for Therapeutic Radiology and Oncology in Boston. "In traditional Chinese medicine, acupuncture has been used for hot flashes and we found that acupuncture was just as effective as Effexor in decreasing hot flashes in women who got it," researchers said.



Energy Healing: Not so strange after all...



By Katherine Purdy

Why, when we are intelligent human beings, do we keep going back to destructive behaviors that we know are not conducive to a happy life?

I would say that we have energetic imprints that can be likened to train tracks that pull us off course regardless of how intelligent we are.

What I do is clear those energetic imprints, freeing people to have clarity and make decisions without the influence of their emotions. Many people who come to me are on their last leg, whether it be physical, psychological or emotional issues. Having exhausted all other mainstream options, they hear of this energy worker who can do "miraculous things".

As energy becomes a growing part of our collective conscience, I believe what is considered miraculous today will be commonplace in the future. Just as flying, cell phones, and today's ultra-advanced medical technologies were once unimaginable, I believe that energy healing -- however new or incredible it may appear now -- will one day be a permanent, important fixture in our everyday lives.

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GOOD FAT

**NOT ALL FATS ARE CREATED EQUAL.
THE GOOD, THE BAD, THE UGLY**

By Brendan Brazier

A deficiency of healthy fat runs prevalent throughout the modern day North American diet with the majority of people consuming too many of the detrimental bad fats including saturated fats in meat and dairy, and processed polyunsaturated fats or hydrogenated trans-fat from cooking oil and margarine used in processed foods. Consuming too many of these and not enough of the good fats contribute to stroke, heart attack, chronic inflammation, cognitive impairment, allergy, auto immune diseases and ultimately premature death.

Consuming a sufficient amount of fat in the right forms and proper proportions can strengthen the immune system, enhance brain and nervous system function such as mood, intelligence and behavior, greatly reduce cardiovascular disease, increase energy and performance, grow healthy skin, hair, and nails, regulate body weight, and improve organ and gland function.

ESSENTIAL FATTY ACIDS

Omega-3 and Omega-6 are the two essential fatty acids (EFAs), essential meaning that the body cannot produce them—they must be ingested, by eating foods rich in EFA. EFAs are a type of fat known as long-chain polyunsaturated fatty acids and an important dietary component of overall health. Lending support to the healthy func-

tion of the cardiovascular, immune, and nervous systems, they also play an integral role in promoting cell health.

Excellent sources of omega-3 to help restore the natural balance are flaxseed

and hemp oil as well as walnuts.

HARD TO GET GLA

Gamma-linolenic acid (GLA) - is a difficult to attain omega-6 EFA with potent anti-inflammatory properties via production of hormone-like substances called eicosanoids. These help soothe skin, promote healing and regulate water loss. GLA's anti-inflammatory properties expand blood vessels enabling better blood flow. It is known as an immune booster, cancer fighter, cholesterol reducer, arthritis reliever and supple, beautiful skin. Evening primrose, borage and hemp seed oils are the best sources of GLA. Hemp oil is a good alternative as a base for salad dressings.

CRACK OPEN A COCONUT

Another healthy yet under-rated fat are Medium-chain triglycerides, or MCTs, found in large amounts in coconut oil. They are unique in that they are a form of saturated fat, yet have many health benefits. MCTs are converted by the liver to energy which make it an excellent source of energy during an intense workout or race. It has also been shown to promote heart health, a strong immune system, a healthy metabolism, weight loss and youthful skin.

PHYTONUTRIENTS

Healthy fats like raw unprocessed plant

based oils also carry hundreds of phytonutrients such as chlorophyll, phytosterols, carotenoids, lignans (phytoestrogens), tocopherols, tocotrienols, flavonoids (polyphenols) among others. Flax oil, for instance, when extracted properly can retain high levels of cancer fighting lignans while hemp oil is rich in many phytonutrients, in particular receiving a lot of attention for its high levels of immune boosting, alkalizing, and cleansing chlorophyll.

ANTIOXIDANTS

Plant based oils can also be a great source of antioxidants. Chlorophyll found in hemp oil has antioxidant like properties while berry seed oils are packed with antioxidants in a highly concentrated form. Raspberry, cranberry, and pomegranate seed oils are among the best. They can be hard to find in stores and are expensive, but they will deliver an extra dimension to a high-quality oil blend. A mixture containing all these oils is the ultimate essential fatty acid and antioxidant combination.



Brendan Brazier is a professional Ironman triathlete, two-time Canadian 50km Ultra Marathon Champion and bestselling author of "The Thrive Diet". He

is also the creator of the award-winning VEGA line of whole food products.
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Jerry, 42, is a mailman and a part-time musician.

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Aerobic Activity May Reverse Mental Decline

Regular aerobic exercise can not only stave off the decline in brain function that often comes with age, it can also help turn back the clock on brain aging, two experts in the field report, based on a critical review of published studies.

Age-related deterioration in the all-important white and grey matter in the brain makes a number of high-level "executive function" tasks -- such as planning, scheduling, working memory and multi-tasking -- much more difficult, Drs. Arthur F. Kramer and Kirk I. Erickson report.

Yet a substantial body of research shows that these are the very processes that are most responsive to physical exercise, note the authors. In people with or those without signs of dementia or Alzheimer's disease,

regular moderate physical activity, enough to make a person breathless, has been shown to boost not only the speed and sharpness of thought but also the actual volume of brain tissue and the way in which the brain functions.

For example, in a 6-month study, adults ages 60 to 75 who walked briskly for 45 minutes a day three days a week not only improved their aerobic fitness but also their mental fitness -- particularly their ability to perform executive function tasks - compared with a control group who engaged only in non-aerobic stretching and toning exercises. These results suggest that regular moderate aerobic exercise can "reliably reverse age-related cognitive decline," Kramer and Erickson write, and that the aging brain retains its capacity to grow and develop.

Regular moderate physical activity boosts sharpness of thought

BLOOD PROTEIN TIED TO ALZHEIMER'S RISK

Low levels of cystatin C -- a blood protein commonly used as a measure of kidney function -- may be a risk factor for the development of Alzheimer's disease in elderly men, researchers report. Cystatin C is produced by nearly all human cells and available in all body fluids. During the past decade, studies have suggested that cystatin C activity in the brain may protect against the development of Alzheimer's disease by inhibiting amyloid-beta -- a protein in the body that forms amyloid plaques in the brain, a key feature of Alzheimer's disease.

ETHNIC DIFFERENCES IN ARTHRITIS DUE TO OBESITY

Older African-American, Native American and non-white Hispanic women are more likely to develop arthritis than their white counterparts, and the larger prevalence of obesity among these ethnic groups may help explain why, new research shows. Among 146,494 women participating in the Women's Health Initiative -- an ongoing study of an ethnically diverse group of healthy postmenopausal women -- 44 percent had been diagnosed with osteoarthritis (degeneration of the joints), the most common form of arthritis.

WORKOUT FOR BRAIN JUST A FEW CLICKS AWAY

Searching the Internet may help middle-aged and older adults keep their memories sharp, researchers said last month. Researchers at the University of California Los Angeles studied people doing Web searches while their brain activity was recorded with functional magnetic resonance imaging scans.



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THIN LINE BETWEEN LOVE & HATE

SCIENTISTS REVEAL WHY LOVE AND HATE ARE SO CLOSELY LINKED TO EACH OTHER

By Michael Kahn

romantic love, Semir Zeki and John Paul Romaya of University College London reported last month.

"This linkage may account for why love and hate are so closely linked to each other in life," the researchers wrote in the Public Library of Science journal PLoS One.

"Our results show that there is a unique pattern of activity in the brain in the context of hate."

In their study, the researchers showed 17 men and women pictures of someone the volunteers said they hated along with three familiar, neutral faces. The hated individuals were all former lovers or work rivals, except for one famous politician.

The brain scans identified a pattern of activity in different areas of the brain the researchers called a "hate circuit" that switched on when people saw faces they despised, the researchers said.

It often seems a thin line between love and hate, and now scientists think they know why.

Brain scans of people shown images of individuals they hated revealed a pattern of brain activity that partly occurs in areas also activated by

"As far as we can determine it is unique to the sentiment of hate even though individual sites within it have been shown to be active in other conditions that are related to hate," the researchers wrote.

The so-called hate circuit includes structures in the cortex and the sub-cortex and represented a pattern distinct from emotions such as fear, threat and danger, Zeki said in a telephone interview.

One part of the brain that switched on was an area considered critical in predicting other people's actions, something that is likely key when confronting a hated person, the researchers said.

The brain activity also occurred in the putamen and insula, two areas activated when people viewed the face of a loved person. Scientists have linked the regions to aggressive action and distressing situations, Zeki said.

But there were important differences as well. A bigger part of the cerebral cortex -- an area linked to judgment and reasoning -- de-activates with love compared to hate.

While both emotions are all-consuming passions, it may be that people in love are often less critical and judgmental about their partner but need to maintain their focus when dealing with a hated rival, the researchers said.

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NOV. 9: DIABETES AWARENESS MONTH

In celebration of Diabetes Awareness Month, The 20th Annual Feria de Salud Por Tu Familia Health and Information Fair will be held in the heart of Southern California's Latino community in Downtown LA. The free family festival will include 45 exhibitors, free health services, diabetes care products, screenings, and personal health information, as well as live entertainment and prizes. 10 a.m.-3 p.m. Olvera Street Plaza, Downtown Los Angeles.

For more information visit www.diabetes.org.

NOV. 9: STAND UP FOR SKATEPARKS BENEFIT

The Tony Hawk Foundation is throwing an action-sports family carnival to support the creation of public skate parks for youth in low-income communities. Skateboarding and BMX icons will perform demos on Hawk's personal ramp. The carnival will also include food, games, live silent auctions and an acoustic performance by Social Distortion. 12-4 p.m. Green Acres Estate, Beverly Hills.

For more information visit www.tonyhawkfoundation.org.

NOV. 14-16: PICTURE YOUR WORLD PURPLE

November is Pancreatic Cancer Awareness Month and the Pancreatic Cancer Action Network is encouraging everyone to go purple and spread

the awareness. Over the weekend of November 14 to 16, take a picture of your "purple world" (your house, office, room, school, neighborhood, etc.) and submit your high-resolution photos to volunteer@pancan.org by November 28. Top three winners will receive gift certificates to the network's online store.

For more information visit www.pancan.org.

NOV. 15: WALK WITH US TO CURE LUPUS

Rain or shine, get out and join ARL for a 5K walk-a-thon on Ocean Front Walk in Santa Monica's beautiful Crescent Bay Park, and help find a cure for lupus. 9 a.m. Ocean Front, Santa Monica.

For more information visit www.lupusresearch.org.

NOV. 16: PASADENA MARATHON & BIKE TOUR

Elite competitors and first timers alike are invited to participate in the inaugural Pasadena Marathon & Bike Tour through the scenic neighborhoods and cultural/historic landmarks of Pasadena. 7 a.m. City of Pasadena.

For more information visit www.pasadenamarathon.org.

NOV. 16: "RUN FOR HER" 5K RUN & 3K FRIENDSHIP WALK

Help promote the awareness of ovarian cancer

and join the 4th Annual "Run for Her" event at Pan Pacific Park adjacent to The Grove and Farmer's Market. Proceeds benefit the Cedars-Sinai Women's Cancer Research Institute. 8 a.m. Pan Pacific Park, Los Angeles.

For more information www.runforher.com.

NOV. 16: LA RUN/WALK 2008 POWER BY NUMBERS

Don't miss the official warm-up race of the Los Angeles City marathon presented by the California Certified Public Accountants society. Proceeds benefit the CalCPA scholarships fun, Venice Boys & Girls Club, and the Westside Food Bank. San Vicente Blvd. & Darlington, West Los Angeles.

For more information visit calcpa.org.

NOV. 23: HEROES OF HOPE RACE FOR RESEARCH

The 10K, 5K run/walk and kids fun run first annual Heroes of Hope for Research will take place on the flat city streets of Vista Dell Mar and finish in Playa Del Rey's beach parking lot where a giant EXPO of fun will be held. Proceeds benefit the Brad Kaminsky Foundation for Brain Tumor Research and the UCLA Neurosurgery Department. 8 a.m. Dockweiler State Beach.

For more information visit www.tbkf.org/run.htm.



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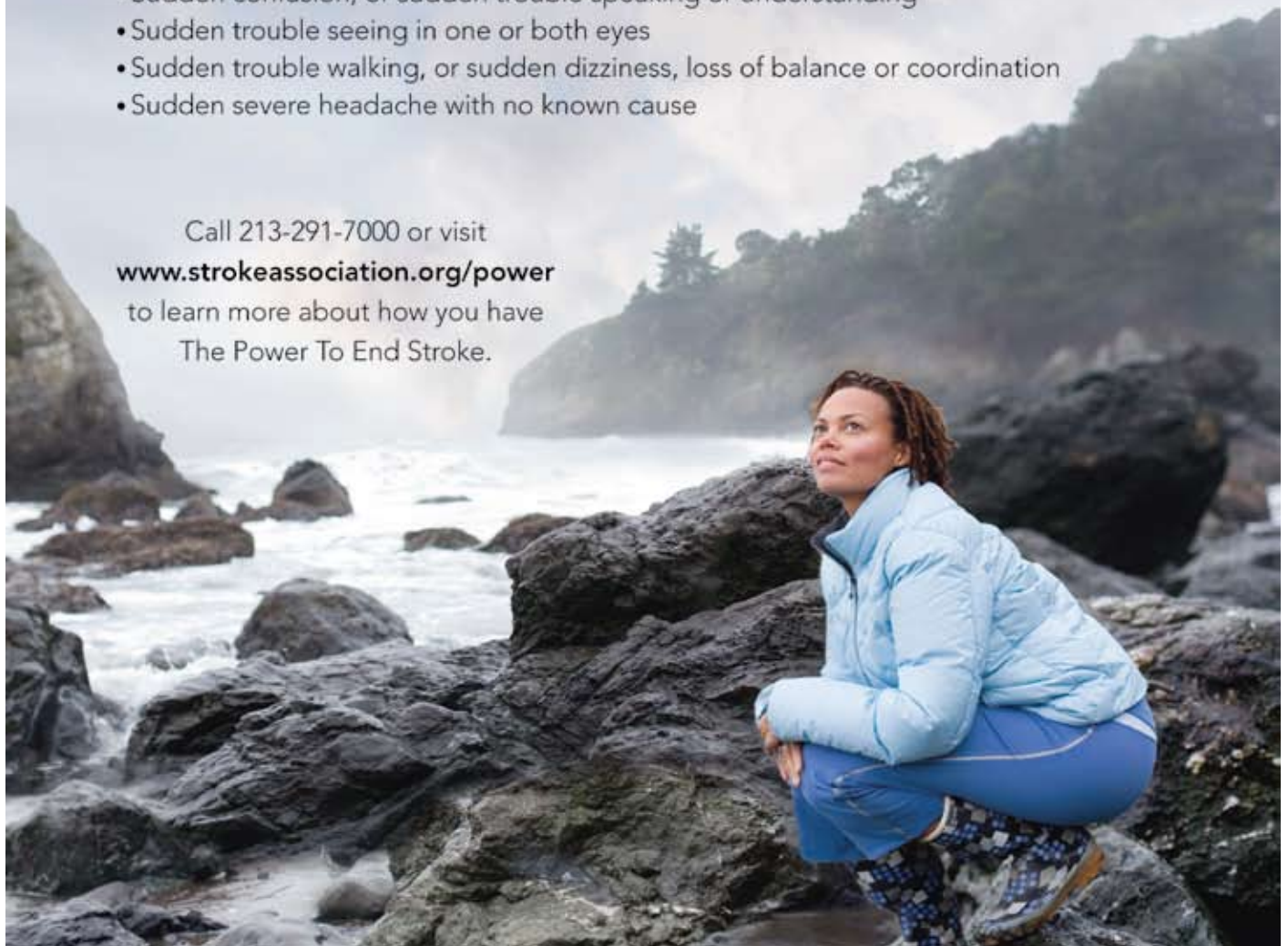
If you’re African American, your risk for stroke is significantly higher than any other ethnicity. The American Stroke Association’s Power To End Stroke movement aims to educate African Americans about the risk, and to empower African Americans to fight stroke in their communities.

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- Sudden confusion, or sudden trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, or sudden dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

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