INDEX OF HEALTH AND WELLNESS NEWS ITEMS—August 2009-December 2010

<u>Topic</u> (followed by title, then year/month/page number) (Many issues can be found on the KORA website <kaores.kendal.org>. Complete file is in the KaO Library)

Alcohol

Nurses' Health Study...2009/Sept/pp. 1-2

How to Avoid Holiday Overeating 2009/Nov/p. 1

Balance

Don't Be Unbalanced 2009/Nov/p. 4

Are You a "Dizzy Blond"? (Or Dizzy Gray)? 2010/Mar/p. 3

Blood Pressure

Preventable Threats to Survival 2009/Aug/p. 4

Hypertension Paradox 2010/Jan/p. 1

"Resistant" High Blood Pressure 2010/Apr/p. 3

Bones, Joints, and Muscles

Nurses' Health Study...2009/Sept/pp. 1-3

Stiff Joints? 2010/Apr/p. 3

Low Back Pain 2010/May/p. 1

Cancer

Nurses' Health Study...2009/Sept/pp. 1-3

Circulating Tumor Cells Technique...2009/Oct/p. 3

Overweight Correlated with Cancer 2010/May/p. 4

Does Car Window Glass Block Sun's Cancer-Causing Rays? 2010/June/p. 1

Celiac

Celiac Disease: A Concern Even Later in Life 2010/Jan/p. 2

Coagulation

Stopping Nosebleeds 2010/Feb/p. 1

Another Drug Internation; Offsetting Aspirin Benefits 2010/Mar/p. 1

Hope for Coumadin Users 2010/July/p. 1

Dabigatran—a New Oral Anticoagulant 2010/Nov/p. 1

Cognitive Behavior

Memory Problems? 2009/Aug/p. 3

Nurses' Health Study...2009/Sept/pp. 1-3

Is Brushing Your Teeth Good for Your Brain? 2009/Oct/p. 2

Extra Weight and Dementia 2010/Apr/p. 2

It's Not Always Alzheimer's 2010/June/p. 2

Light Sedation Minimizes Memory Loss 2010/July/p. 3

New Direction for Alzheimer Research 2010/July/p. 1

Brain Stimulation Delays Dementia, But... 2010/Sept/p. 1

Healthy Diet and Alzheimer's 2010/Oct/p. 1

Diabetes

Nurses' Health Study...2009/Sept/pp. 1-3

Lifestyle Changes Benefit Type II Diabetes Risk 2010/Feb/p. 2

Dietary Tips to Prevent Pre-Diabetes from Progressing 2010/Apr/p. 2

High Glycemic Carbs Linked....2010/July/p. 3

The Future: Chewable Insulin 2010/Oct/p. 1

Driver Safety

Are You a "Do As I Say" Driver? 2009/Nov/p.1

12 For the Road: What to Keep in Your Car This Winter 2009/Nov/p. 2

Winter Driving Safety 2010/Jan/p. 2

Experience Counts 2010/Sept/p.4

Adults Use a Cell Phone While Driving? 2010/Oct/p. 3

Eyes

Nurses' Health Study...2009/Sept/ pp. 1-3 IMT Helps AMD, Says FDA 2010/Nov/p. 4

Falls

Don't Fall This Fall 2009/Sept/p. 4

Fitness and Exercise

Nurses' Health Study...2009/Sept/pp. 1-3

How to Avoid Holiday Overeating 2009/Nov/p. 1

"Piano Staircase" Works 2009/Nov/p. 4

You Should Keep on Moving 2010/March/p. 4

How to Feed a Walking Habit 2010/April/p. 4

Which is Better—Walking or Swimming? 2010/May/p.2

"Aching Bones"? Painkiller Alternatives 2010/Aug/p. 3

Resistance is Good 2010/Aug/p. 4

Never Too Late to Start Exercising 2010/Sept/p. 2

Americans are Thousands of Steps Behind 2010/Oct/p. 3

Health Care

Health Care Proxy/Living Will 2009/Nov/p. 2

Saving Lives and Health Care Money! 2010/Feb/p. 2

How to Save ("Salt Away?") \$24 Billion in Health Care Costs 2010/Mar/p. 3

Some Good News for Caregivers 2010/July/p. 4

Health Education

More Geriatric Training Coming 2009/Aug/p. 4

Enlisting Doctors to Screen for Geriatric Financial Scams 2010/July/p. 2

Heart

Nurses' Health Study...2009/Sept/pp. 1-2

Ticker Tips 2009/Oct/p. 2

Symptoms of a Second Heart Attack 2009/Oct/p. 3

American Heart Association Says Dessert Off the Menu Now 2010/Mar/p. 3

How to Save ("Salt Away?") \$24 Billion in Health Care Costs 2010/Mar/p. 3

Live Longer, Participate in a Clinical Trial 2010/Apr/p. 2

Moderation as Good as Aggressive Heart Health Steps 2010/May/p. 2

Lower Your Risk Factors....2010/Aug/p. 1

He (or She) Who Hesitates... 2010/Aug/p. 1

Persistence Pays Off with Cardiac Rehab 2010/Sept/p. 3

Heart Attack Risk Increases in Winter 2010/Nov/p. 2

Beware Big Bellies 2010/Nov/p. 2

You Can Do Hands-Only CPR 2010/Nov/p. 4

Home and Outdoor Emergencies

More Tick Talk 2009/Aug/p. 2

Mosquitoes Bugging You? 2010/May/p. 1

How Serious is Swimmer's Ear? 2010/June/p. 1

Are You Just Itching For a Walk in the Park? 2010/June/p. 3

Heat Can Beat Your Heart and Body 2010/July/p. 4

How to Handle Home Emergencies 2010/Sept/p. 2

Hospital Infections

A Simple Way to Reduce Hospital Infections 2010/Oct/p. 2

Medications

How Much Tylenol Do You Take? 2009/Aug/p. 1

Pill Identification 2009/Aug/p. 3

Generic Drugs Endorsed 2009/Oct/p. 4

Another Drug Interaction: Offsetting Aspirin Benefits 2010/Mar/p. 1

Light Sedation Minimizes Memory Loss 2010/July/p. 3

Is Your Faith in Medications Fading? 2010/Sept/p. 1

Topical Gels Catch U with Pills for Relief of Pain 2010/Sept/p. 3

Natural Medicine—Ingredients to Avoid 2010/Nov/p. 4

Migraines

Risk Factors for Migraines 2010/Nov/p. 3

Nutrition—Carbohydrates

Are You Adding Too Much Sugar? 2009/Sept/p. 4

Is High-Fructose Corn Syrup Safe? 2010/May/p. 4

Drink Up! But... 2010/Aug/p. 2

Risky Additions to a Low-Carb Diet 2010/Oct/p. 2

Nutrition--General

What is White Whole Wheat Flour? 2009/Aug/p. 3

Preventable Threats to Survival 2009/Aug/p. 4

Nurses' Health Study...2009/Sept/pp. 1-3

13 Ways to Add Fruits and Vegetables to Your Diet 2009/Oct/p. 1

Savvy Supermarket Shopping 2009/Oct/p. 1

A Glut of "Energy" Drinks 2009/Oct/p. 4

FDA Criticizes Grocery Food Labeling 2009/Nov/p. 2

What Exactly is Fiber? 2010/Mar/p. 1

Attention Liver Lovers: Good News and Bad News 2010/Apr/p. 4

Best Diet? In Future, Check DNA Cheek-Swab 2010/Aug/p. 2

What's at Eye Level in Your Refrigerator? 2010/Aug/p. 4

A Nutty (and Sweet) Plan for Control of Cholesterol and Blood Pressure 2010/Aug/p. 4

Healthy Diet and Alzheimer's 2010/Oct/p. 1

Forcing Healthy Choices Can Backfire 2010/Oct/p. 4

Rethinking Dinner: Red Meat? 2010/Nov/p. 3

Nutrition—Sodium

... How About Designer Salt? 2010/Mar/p.2

How to "Salt Away" \$24 Billion in Health Care Costs 2010/Mar/p. 3

U.S. Leads World in Introducing Lower Sodium Products 2010/July/p. 2

"Dead Sea Salt" Well Named 2010/July/p. 2

Nutrition—Supplements and Additives

Nutritional Supplements 2010/Feb/p. 3

Recreation Beverages vs. "Daily Challenges" 2010/Apr/p. 1

The Benefits of Omega-3 Supplementation 2010/June/p. 2

"D" for Dinner 2010/Aug/p. 2

Extremely High Doses of Vitamin D Can Be Dangerous 2010/Aug/p. 2

Natural Medicine—Ingredients to Avoid 2010/Nov/p. 4

Nutrition—Weight Control

How to Avoid Holiday Overeating 2009/Nov/p. 1

Is Watching TV Really All That Bad For You? 2010/Feb/p. 1

Lifestyle Changes Benefit Type II Diabetes Risk 2010/Feb/p. 2

Calorie Counts Within 20% of FDA Rule? 2010/Mar/p. 2

AHA Says Dessert Off the Menu Now 2010/Mar/p. 3

Extra Weight and Dementia 2010/Apr/p. 2

Overweight Correlated with Cancer 2010/May/p. 4

Is High-Fructose Corn Syrup Safe? 2010/May/p. 4

Drink UP! But...2010/Aug/p. 2

Are You Comfortable in a Theatre Seat: Why Not?! 2010/Sept/p. 2

Super-Sized TV Food Ads 2010/Oct/p. 4

Beware Big Bellies 2010/Nov/p. 2

Prostate

The Latest on Prostate Cancer Testing 2009/Sept/p. 4

Some Clarity on PSA Testing? 2010/Oct/p. 1

Relief from Enlarged Prostates 2010/Nov/p. 4

Psychological Mood

Laughter Must Be Good For Us 2009/Aug/p. 3

How's Your Vocabulary 2009/Oct/p. 3

Bright Ideas for Winter Darkness Blues 2010/Jan/p. 3

No Sweat—Join a Choir for Better Health 2010/Jan/p. 4

Workout For Your Funny Bone 2010/Mar/p. 1

Happiness Comes With Age 2010/June/p. 4

Fight Stress with Healthy Habits 2010/June/p. 4

A New Meaning for "The Blues" 2010/Sept/p. 3

Quick Ways to Boost Your Energy 2010/Sept/p. 4

Radiation Doses

How Much Radiation Do You Receive? 2009/Nov/p. 3

New Airport Scanners: Radiation Dose Negligible 2010/Mar/p. 2

Respiratory Infections

Seniors Over 64 at Low Risk for "Swine" Flu 2009/Sept/p. 1

Nurses' Health Study...2009/Sept/pp. 1-3

Colds and Flu? What Really Works? 2010/Jan/p. 4

Not Too Early to Think of Colds and Flu 2010/Aug/p. 1

Shingles

Did You Have Your Shingles Vaccine Yet? 2009/Nov/p. 4

Shingles to Stroke? Get Vaccinated! 2010/Mar/p. 2

More on Shingles: Are You Vaccinated Yet? 2010/Apr/p. 1

Smoking

Preventable Threats to Survival 2009/Aug/p. 4

Teeth

Is Brushing Your Teeth Good For Your Brain? 2009/Oct/p. 2 Still Not Flossing? 2010/May/p. 3

Tremor

Essential Tremor Annoying But Not Life Threatening 2010/Aug/p. 3

Water

Someday You Can Safely Drink Airline Water! 2009/Oct/p. 2