



# VIP MedSpa Clinic News

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[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

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## Medical News

### After Skin Cancer, Sun Protection is Still Spotty

A recent US study suggests that even though people may be more careful in the sun after skin cancer, having had a malignancy still doesn't persuade everybody to take basic precautions like wearing hats or sunscreen .

### Study: Cardiovascular Risk Elevated in Women With Migraine

A recent study evaluated the association between migraine and incident cardiovascular disease and mortality in women.

### Portion-Controlled vs Self-Selected Diet: Which Is Better for Weight Loss?

Prepackaged, portion-controlled meals may be better for weight loss than a self-selected diet.



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## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

***Any man can be a father but it takes someone special to be a Dad!***

VIP MedSpa Clinic wishes all fathers a very Happy Father's Day this month and welcome all Dads for a special spa treatment of their choice including Botox, Juvederm, Kybella, Medical grade skincare and laser services....

Please contact us for a free consultation.

### **Study: Obese Patients Are Less Likely to Achieve RA Remission**

A recent study examined the effect of obesity on disease activity and likelihood of remission in individuals with rheumatoid arthritis.

### **Sodium Linked to Increased CV Risk in Patients with CKD**

New research examined the link between sodium intake and the risk of cardiovascular disease among patients with chronic kidney disease.

### **Blood Pressure Variability Linked to Cognitive Decline**

A new study investigated whether visit-to-visit variability in systolic and diastolic blood pressure is associated with cognitive decline in older adults.

### **Study Links Busy Schedules to Better Cognitive Function**

Maintaining a busier schedule may be linked to better performance on tests of memory, information processing, and reasoning in older adults, according to a new study.

***"Make a list of healthy foods to buy, and avoid shopping for food when you're hungry. Shopping with a grocery list of healthy items will help you curb impulse purchases."*—**

## **Understand your eating triggers**

Prevent overeating and keep your diet on track by learning how to deal with these common temptations and dangerous scenarios.

Do certain situations, moods or times of day prompt you to overeat? Use these examples to get ideas on how to overcome your common eating triggers.

### **Eating trigger: I can't resist junk food.**

If chips and chocolate continue to call your name, try these ideas:

- Do not keep junk food at home.
- Do not keep junk food at your desk, and avoid walking by vending machines, if possible.
- Eat healthy foods in a structured meal plan (use a Meal Planner)! You won't be as hungry, which will help you manage cravings.

### **Physical Fitness May Help Fend Off Various Cancers**

A new analysis led by the National Cancer Institute and the American Cancer Society finds that maintaining a physically fit lifestyle may help prevent a variety of cancers.

### **Study Links Potato Consumption to Hypertension Risk.**

A recent study evaluated the potential adverse health effects of potato consumption.

### **Silent but Deadly: 45% of Heart Attacks Lack Symptoms**

New research investigated the incidence rate of silent heart attacks and their effect on all-cause mortality and heart disease risk.

### **Vitamin B12 May Slow Brain Volume Loss in Elderly**

A new study investigated the effects of circulating vitamin B12 on rates of brain aging in the elderly population.

### **Study: Weekly Seafood Slows Cognitive Decline**

Consuming foods containing fatty acids, such as seafood, is linked to slower cognitive decline in the elderly population.

- Wait 10 minutes. Distract yourself with an activity — whether it's filing your nails, working on a crossword, or cleaning out the junk drawer. The craving may pass (really)!
- Try healthier versions, such as baked rather than regular chips.
- Practice moderation to prevent feelings of deprivation. So, allow some intake of junk food but buy only a small, single-serving. Have it after you finish your meal. Realize that you may want seconds, so plan ahead with a positive distracting activity.

## **Eating trigger: Exercise makes me hungry.**

Don't negate all the positive benefits of exercise by loading up on high-calorie foods afterward. Instead, take this approach:

- Most research has shown that exercise decreases physical hunger. Chances are you're experiencing psychological hunger: "Since I just worked out, I deserve to have 500 calories of junk food."
- If you are experiencing physical hunger before you exercise, eat foods that stick with you longer, such as whole-grain bread, cereal, pasta and brown rice.
- If you're exercising before a meal, have your meal ready. Don't double up with a recovery

snack and a meal. Make your meal rich in complex carbs, such as fruits and whole wheat. Add some protein too, such as beans, fish, lean meat or eggs.

- Or, before you exercise, prepare a light, healthy snack for after your workout. Try fruit, yogurt or whole-grain crackers.
- Drink plenty of water before, during, and after your workout.

### Eating trigger: I eat too much while socializing with friends.

Social support is important. Instead of isolating yourself, use these strategies when socializing:

- To reduce hunger, eat something healthy before going to social activities.
- If you're with friends at, say, a theater or stadium, order a bag of peanuts and work on eating it slowly.
- Drink water or a calorie-free beverage instead of having a snack.
- At parties, keep your distance from the food table. Focus on nonfood-related activities, such as selecting the music to play.
- Take some healthy foods to social events. Try a veggie tray, hummus and whole-wheat pita bread, or a fruit and veggie pizza with a whole-wheat crust.
- If you can identify someone who is supportive, use that person to help you stay on track at a social event.

By planning ahead and bringing awareness to trigger situations, you can successfully manage these weight-loss challenges.

## Is juicing healthier than eating whole fruits or vegetables?

Juicing probably is not any healthier than eating whole fruits and vegetables. Juicing extracts the juice from fresh fruits or vegetables. The resulting liquid contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit. However, whole fruits and vegetables also have healthy fiber, which is lost during most juicing.

Some juicing proponents say that juicing is better for you than is eating whole fruits and vegetables because your body can absorb the nutrients better and it gives your digestive system a rest from working on fiber. They say that juicing can reduce your risk of cancer, boost your immune system, help you remove toxins from your body, aid digestion and help you lose weight.

However, there's no sound scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself. On the other hand, if you don't enjoy eating fresh fruits and vegetables, juicing may be a fun way to add them to your diet or to try fruits and vegetables you normally wouldn't eat. You can find many juicing recipes online or mix up your own combinations of fruits and vegetables to suit your taste.

If you do try juicing, make only as much juice as you can drink at one time because fresh squeezed juice can quickly develop harmful bacteria. And when juicing, try to keep some of the pulp. Not only does it contain healthy fiber, but it can help fill you up.

If you buy commercially produced fresh juice from a juicing stand or store, select a pasteurized product. Also keep in mind that juices may contain more sugar than you realize, and if you aren't careful, these extra calories can lead to weight gain.