



VIP MedSpa Clinic News

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Medical News

Could Pre-diabetes Increase the Risk of Kidney Damage?

New research explains how early detection of diabetes can prevent kidney damage and disease later on.

Could Asthma Increase The Risk of Shingles?

New research explores the association between adults with asthma and their risk for developing shingles.

Could Non-Nicotine E-cigarettes Still Cause Cancer?

New research shows how electronic cigarettes can be just as harmful to your health as regular cigarettes.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Are you ready to lose weight?

Please join VIP MedSpa Clinic's 12 week weight loss challenge program.

When you're designing your weight management plan, do an inventory of your strengths and challenges. Recognize and rely on your strengths. This will give you confidence and help you carry out your plan.

Potato Consumption Associated With Diabetes Risk Detection

A higher consumption of major potato foods, especially French fries, predicted an elevated risk of developing type 2 diabetes, according to a new study.

Study: Exercise Eases Hot Flashes During Menopause

Getting exercise during menopause can help decrease frequency and intensity of hot flashes, according to a new study.

Could Coffee Improve Athletic Performance?

A new study suggests the caffeine found in a morning cup of coffee may help boost athletic endurance.

Could Vitamin D Supplements Lessen IBS Symptoms?

New research explores how vitamin D levels influence IBS symptoms, and whether supplementation could be used to improve quality of life in IBS patients.

What is the best foods for healthy skin?

Research on the best foods for healthy skin is limited. Still, antioxidant-rich foods seem to have a protective effect for the skin.

Consider these skin-friendly foods:

- Carrots, apricots, and other yellow and orange fruits and vegetables
- Spinach and other green leafy vegetables
- Tomatoes
- Blueberries
- Beans, peas and lentils
- Salmon, mackerel and other fatty fish
- Nuts

On the flip side, some foods seem to be associated with skin damage. For example, some research suggests that a diet high in processed or refined carbohydrates and unhealthy fat promotes skin aging.

Remember, many of the best foods for healthy skin also promote good health overall. Rather than focusing on specific foods for healthy skin, concentrate on a healthy diet in general. Eat plenty of fruits and vegetables. Choose low fat or fat free dairy products. Include nuts, seeds and beans in your favorite meals. Opt for whole-grain breads and pasta. Limit sweets.

Study: Almonds Improve Overall Diet Quality

A recent study examined the effect of consuming a moderate amount of almonds on quality of diet in both adults and children.

Diabetes Raises Risk of Vascular Dementia in Women

A new meta-analysis looks at the gender-specific relationships between dementia and diabetes in women and men.

Could Processed Food Increase Risk of Autoimmune Disease?

Recent research examined a potential correlation between increase in the rates of consumption of processed foods and autoimmune diseases.

Study: Cerebrovascular Disease Increases Psychosis Risk

Researchers explored the connection between cerebrovascular disease and the presence of psychosis in patients with Alzheimer disease in a recent study.

Olive oil: What are the health benefits?

Not sure why olive oil is recommended as a healthy cooking ingredient? Read on to find out.

All fats are dense in calories, but all need to be shunned by those following a healthy eating plan. In fact, some fats —such as olive oil — are considered to be heart healthy. Why is this?

The main type of fat found in all kinds of olive oil is called monounsaturated fatty acids (MUFAs), which are considered a healthy dietary fat. You may gain certain health benefits if your diet replaces saturated and trans fats with fats that are mostly unsaturated, such as MUFAs. Saturated fats are found in meats, high fat dairy products, and tropical oils, such as palm-kernel oil. Fats that are partially hydrogenated, including some types of margarine contains trans fats. Trans fats are also found in processed foods like salad dressing, cookies, snacks and fried foods.

By replacing the type of fats that you usually cook with — or spread on or pour over food — with olive, you're making a good decision.

Monounsaturated fat such as olive oil helps lower your risk of heart disease by improving related risk factors. For instance, MUFAs have been found to lower your low-density-lipoprotein cholesterol levels when substituted

for saturated or trans fats in your diet. And some research shows that MUFAs may also benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.

Just remember that even healthy fats, such as those in olive oil, are high in calories, so use them only in moderation. Choose MUFAs-rich foods such as olive oil in place of other fatty foods — particularly butter and stick margarine. Use olive oil conservatively to enhance the flavor of foods, such as roasted vegetables and stir-fries, or in marinades or dressings for salads. And remember that you can't make unhealthy foods healthier simply by adding olive oil to them.

Today's Fitness Tip

Exercise: Make a mental shift

Need another reason to get and stay active?

Think of physical activity as something that helps you stay balanced rather than a “must-do” task. Exercise is an important self-care commitment, just like seeing the doctor regularly, eating healthy foods or taking time to relax.