



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Medical News

Stress, But not Anger, Increases Stroke Risk

Researchers used psychological profile to measure the effects of depression, anger, and stress on the risk of stroke.

Mental Illness Lowers Life Expectancy Up to 20 years

Serious mental illnesses may lower life expectancy more than heavy smoking, according to a new study.

Does Anesthesia Exposure Increase Dementia Risk?

Researchers evaluated the association between previous exposure to various types of general anesthesia and the incidence of dementia in a new study.



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Are you getting enough sleep ?

Diet and exercise often get top billing in discussions of healthy habits, But a good night's rest is equally important to looking and feeling your best. If you consider sleep a luxury, think again. Sleep plays a vital role in your ability to function, your general health, and even your longevity.

Good Sleep gives you :

- ✦ Better health
- ✦ Better sex
- ✦ Less pain
- ✦ Better mood
- ✦ Better weight control
- ✦ Clearer thinking
- ✦ Better memory

Depression Increases Heart Failure Risk By 40%

Researchers assessed the cardiovascular risk associated with moderate to severe depression, finding that a "broken heart" may be more than just an old adage.

Depression Identified as a Risk Factor for Dementia

A new study found that the association of depression with dementia is independent of dementia-related brain changes.

Increased Iron in Brain Linked With Alzheimer's

Individuals with Alzheimer's disease have increased ferritin iron levels in the hippocampus.

17% Less Alcohol= 10% Lower CV Risk

Researchers examined the correlation between alcohol consumption and cardiovascular health.

5 Serving of Fruits and Veggies = Lower All-Cause Mortality

Researchers conducted a meta-analysis to evaluate the effects of fruit and vegetable consumption on all cause-mortality.

♦ Stronger immunity

How much sleep do you need ?

As a general rule, adults need seven to nine hours of sleep a night, but sleep experts agree needs vary by individual. A number of factors determine your own unique sleep need, including genetics, physiology, age, gender and sleep history. How do you know if you are getting enough? Good indicators are that you awake spontaneously and feel refreshed and alert for the day, according to the National Sleep Foundation. If you depend on your alarm clock each morning, nod off during waking hours, or depend on caffeine boots to make it through the day, chances are, you're not getting adequate sleep.

What's keeping you up at night ?

According to the CDC, about 70 million Americans lose sleep each night, and the causes are : health problems, schedules, dietary habits or financial worries. Journaling, meditating or praying each evening may help calm fears and worries so they can rest peacefully. TVs, phones and computers also keep us awake. The technology that may help your day go better could be keeping you from getting a good night's rest.

Common sleep problems include insomnia, snoring, sleep apnea, narcolepsy and restless leg syndrome (RLS).If you deal with any of these issues, see a doctor for advice on treatments that could help.

Good sleep is important.

An adequate supply of quality sleep is not a luxury; it's critical to your health and safety. Too little sleep can lead to memory problems, weight problems, depression, difficulty concentrating and a weakened immune system.

Tips for a Better Night's Rest

- Stick with a good routine. Go to bed and wake at the same time each day, and maintain consistent bedtime rituals.
- Use your bed only for sleep and sex. Don't watch TV, read, or use your computer in bed, or your body begins to associate bed with the wrong activities.

Diet Rich in Tomatoes May Lower Breast Cancer Risk

Eating plenty of tomatoes and tomato-base products may help protect at-risk postmenopausal women from breast cancer, according to a new study in the Journal of Clinical Endocrinology and Metabolism.

Running Just Minutes a Day Reduces Mortality Risk

Investigators analyzed the effect of running for 5 to 10 minutes a day on all-cause mortality and life expectancy .

Testosterone May Be Cardioprotective

Testosterone therapy may have cardioprotective benefits, according to a retrospective analysis.

Oregano, Rosemary Help With Diabetes Management

A new study explored the potential of compounds found within rosemary and oregano that inhibit the diabetes-causing enzyme.

Stress Eating Slows Metabolism in Women

Researchers evaluated the effects of stress eating high-fat meals on women's metabolism and weight gain.

- Create a comfortable sleep environment. Keep your bedroom cool, quiet, dark and free from interruptions. Invest in a comfortable mattress and pillows.
- Watch what you eat and drink. Stop eating two to three hours before bed and avoid caffeine six to eight hours prior. Nicotine and alcohol can also affect sleep, so they should be avoided as well.
- Turn off technology at least one hour before bedtime. Giving your mind time to wind down will help you fall asleep faster.

More sleep information can be found on National Sleep Foundation website at <http://www.sleepfoundation.org>

"Your life's story, in the end, is how you have lived it. Make it sweet, happy, and healthy."

"Your life is like a novel, and you are the novelist. In the end, only you can write your life's story, and how you write it is entirely up to you."

"Develop a basic recipe for your healthy life and allow it to be modified over time."

"Wherever you are on life's journey, there is an opportunity for positive change."

"Make additions rather than deletions to your lifestyle."

"To reach your full potential, live in a healthy physical and emotional environment."

"Fear of failure leads to failure."

"If you haven't failed, you haven't really succeeded."

"Give yourself permission to be successful."

"Healthy skin is a reflection of overall wellness."

