



# VIP MedSpa Clinic News

VIP MedSpa Clinic

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

858-451-6500

11665 Avena Place, Suite 104 San Diego, CA 92128

## Medical News

### Is Blood Pressure Variability a Sign of Increased Cardiovascular Risk?

A recent study examined whether variability of systolic and diastolic blood pressure influenced cardiovascular disease risk.

### Exercise Could Help Treat Alzheimer's Disease

A recent study examined the potential of using aerobic exercise as a treatment for Alzheimer's disease symptoms rather than just for Alzheimer's prevention.

### Could Diet Predict Risk of Cognitive Decline?

A recent study examined the effects of healthy diet patterns on the risk of developing cognitive decline in older adults.



Come and join us for a fun evening of beauty and spending yourself. (Bring a friend!)

**Wednesday, August 26<sup>th</sup> 4-7pm**

11665 Avena Pl, Suite 104 San Diego, CA 92128



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

It is our great pleasure to invite you all to our end of summer happy hour VIP event. Please join us to celebrate the season and for a fun evening of beauty treatment and spoiling yourself. Bring a friend and look your best to enjoy the end of summer!

### **Secondhand Smoke Increases Stroke Risk by 30%**

A recent study examined how exposure to second hand smoke—long established as a carcinogen—affects an individual's risk of stroke.

### **Migraines in Smokers Linked to 3 Fold Risk of Stroke**

A recent study examined the effects of migraine, with and without aura, on stroke risk among smokers and non-smokers.

### **Daily Soda Could Increase Diabetes Risk by 18%**

A recent study examined the effect of regular consumption of sugar-sweetened beverages and artificially sweetened beverages on the risk of developing type 2 diabetes.

### **Rate of Cognitive Decline in Women Twice As Fast As Men**

New research explored the disparities in rates of cognitive decline and the development of Alzheimer's disease between men and women.

## **Yoga: Fight Stress and Find Serenity**

Is yoga right for you? It is if you want to fight stress, get fit and stay healthy.

Your mobile phone is ringing, your boss wants to talk to you and your partner wants to know what's for dinner. Stress and anxiety are everywhere. If they're getting the best of you, you might want to hit the mat and give yoga a try.

Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga can help reduce stress, lower blood pressure and improve heart function, and almost anyone can do it.

### **Understanding yoga**

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, maybe a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga – It's all about your personal preferences.

The core components of Hatha yoga and most general yoga classes are:

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely

### Study: Diabetes Has Negative Long-Term Effect on Cognitive Skills

Recent research examined how decreased cerebral blood flow affects thinking and memory in patients with type 2 diabetes.

### CDC: Aspirin Underused for Secondary Prevention of CVD

Recent research conducted by the CDC sought to estimate rates of aspirin use for secondary prevention among patients with preexisting atherosclerotic cardiovascular disease.

### Diabetes Severity Can Increase Risk of Dementia Onset by 70%

Recent research evaluated how the severity of diabetes influences the risk of developing dementia.

### Could Combining Antidepressants and NSAIDs Increase Hemorrhage Risk?

Recent research estimated the risk of intracranial hemorrhage among patients who were treated with both antidepressants and NSAIDs (non steroidal anti inflammatory drugs like Motrin...).

relaxed to difficult postures that may have you stretching your physical limits.

- **Breathing.** Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

### The health benefits of yoga

The potential health benefits of yoga include:

- **Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- **Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.
- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

### Move more, burn more: The calorie breakdown

Being active is an important part of any weight-loss or weight maintenance program. When you're active, your body uses more energy — thus burning more calories and when you burn more calories than you consume, you lose weight.

Because 3500 calories equals about 1 pound (0.45 Kilograms) of fat, you need to burn 3500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week (500 calories x 7 days= 3500 calories). Because of changes that occur in the body over time, however, calories may need to be decreased further to continue weight loss.

While diet has a stronger effect on weight loss than exercise does, physical activity has a stronger effect in preventing weight gain and maintaining weight loss.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

- **Aerobic Activity.** Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. However, to effectively lose or maintain weight, some people may need up to 300 minutes a week of moderate physical activity. You also can do a combination of moderate and vigorous activities. The guideline suggests that you spread out this exercise during the course of a week, and sessions of activity should be at least 10 minutes in duration.
- **Strength-training.** Do strength-training exercise at least twice a week. No specific amount of time for each strength-training session is included in the Department of Health and Human services guidelines, but many suggest that two to three sessions a week for 20 to 30 minutes are enough for most people.

Moderate aerobic exercise includes such activities as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes such activities as running and aerobic dancing. Strength training can include the use of weight machines or performing activities such as rock climbing or heavy gardening.

As a general goal, aim for at least 30 minutes of physical activity every day.