



# VIP MedSpa Clinic News

VIP MedSpa Clinic

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

858-451-6500

## Medical News

### Low-Dose Aspirin, May Reduce Colorectal Cancer Risk

A new study finds a connection between long-term continuous use of low-dose aspirin and a lower risk of colorectal cancer.

### Iron Intake Linked to Greater Appetite, Disease Risk

A new study examined the effects of dietary iron intake on the potential to overeat and the risk of diseases like diabetes, fatty liver disease, and Alzheimer's.

### Could Drinking Water Before Meals Aid Weight Loss?

Researchers evaluated the effects of drinking 500 ml of water before main meal on weight loss efforts in obese adults.



## Message from Medical Director of VIP MedSpa Clinic

**Maryam Hekmat, M.D, FACP**

### How to eat more and lose weight

Yes, really. If you choose foods with low energy density\_\_few calories for their bulk\_\_ you can eat more volume but consume fewer calories. This is why you can eat a bowl full of legumes and vegetables for about the same amount of calories as a few handfuls of chips (not to mention, the latter choice will leave you hungry and reaching for another snack in no time.) When you're designing your weight management plan, do an inventory of your strengths, such as 'I eat plenty of vegetables.' Recognize and rely on these strengths. This will give you confidence and help you carry out your plan.

### How Does Physician Support Impact Weight Loss?

A recent survey reported on the quality of patient-physicians relationships among obese patients, and whether these relationships could affect weight loss efforts.

### Coffee Consumption May Prevent Colon Cancer Recurrence

A new study finds that regularly drinking caffeinated coffee helps prevent the return of colon cancer post treatment, as well as improving the chance of a cure.

### Traditional Southern Diet May Increase Risk of Heart Attack

If traditional southern cuisine is a staple in your diet, your heart may be suffering for it, according to new research.

### High Blood Sugar Can Trigger Infections in Diabetes

Researchers examined how high blood sugar can produce dangerous infections in the feet and hands of patients with uncontrolled diabetes.

## Cancer Symptoms Men Might Miss

Cancer can affect anyone, regardless of gender. Unfortunately, men consistently underutilize preventative health care services compared to women. Indeed, men are 24 percent less likely to have visited a doctor in the past year and are statistically less willing to participate in cancer screening. It is important to be proactive with your health, which includes acknowledging and monitoring any abnormalities that may present themselves. Here's a list of cancer symptoms that men might ignore. In the majority of cases, these symptoms are the result of another issue besides cancer, however, they still warrant a trip to the doctor.

- **Unexplained Weight Change:** If you lose more than 10 pounds without a change in exercise or diet, it could be a sign of a serious condition.
- **Continual or Unusual Fever:** Persistent or unusual fever, could be a sign of a more serious condition.
- **Unexplained Changes in Bowel Habits:** If you are experiencing bloody or black stool, persistent diarrhea, constipation or unexplained urges to go to bathroom, you should talk to your doctor.
- **Feeling Full or Bloating After Eating Very Little:** This sensation, known as early satiety, may be accompanied by nausea or vomiting and can lead to weight changes if it persists for more than a few days.
- **Lumps:** lumps appear most commonly around the breast, testicle, lymph nodes and soft tissue.
- **Skin Abnormalities:** you can reduce your risk of

### Could the Mediterranean Diet Preserve Brain Structural Connectivity?

A new study examined the effect of adherence to the Mediterranean diet on the structural connectivity and microstructure of the brain, and the risk of cognitive impairment.

### Antioxidants Slow Age-Related Immune System Decline

Researchers analyzed the impact of antioxidants on damage to the immune system caused by the aging process.

### Successful Testosterone Treatment Therapy Reduces CV Risk

A recent study examined the effects of testosterone replacement therapy on the risk of mortality and cardiovascular events.

### 15 Minutes of Exercise A Day Decreases Mortality by 22% In Elderly Patients

A new study examined the health benefits of recommended levels of exercise for elderly patients, and whether lower recommendations could still benefit mortality rates.

developing skin cancer by taking steps to prevent skin damage, such as covering exposed skin and reporting abnormalities to your doctor.

- **Long-Lasting Cough:** if you experience a nagging cough that lasts more than two weeks, it is probably time to visit your doctor. Whether or not you smoke, a long lasting cough may be a sign of lung cancer.
- **Chronic Fatigue:** constant fatigue is not a normal aspect of aging, and feeling tired for extended periods of time is certainly not an issue to ignore.
- **Urinary Issues:** if you start having issues with bladder control, see your doctor, as those issues could be a sign of a more serious condition. In fact, one of the most common early signs of prostate cancer and bladder cancer is trouble controlling the flow of urine once you have to go.
- **Persistent or Recurring Pain:** many men might be hesitant to report persistent pain, thinking that they should just “weather the storm.” However, chronic pain is certainly not a symptom to downplay.

### Get Screened

The best time to catch cancer is early in its development before any physical symptoms appear. Unfortunately, research confirms the notion that men tend to procrastinate when it comes to their health care needs (especially when it comes to cancer screenings.) If you are over the age of 50 or at a high risk for certain cancers due to genetic or environmental factors, experts recommend that you receive annual cancer screenings.

## **Today's Healthy Eating Tip**

### **The leanest cuts of meat**

Protein is an important part of a balanced diet. If you eat meat, It's essential to choose the leanest cuts. The best poultry choice is white meat from the breast of chicken or turkey, without the skin. Lean cuts of beef include round, chuck, sirloin and tenderloin, and lean pork includes tenderloin and loin chops.

## **Today's Weight\_Loss Tip**

### **Make a mental shift**

A positive attitude breeds weight loss success! So instead of focusing on all of the things you can't do or eat on a diet, shift your attention to all of the amazing benefits a healthy lifestyle will bring. A few examples include more energy, a boost in confidence, lower blood pressure or cholesterol, and of course, weight loss. Keeping these benefits in mind will help you stick with your plan and make it more enjoyable!

## **Today's Fitness Tip**

### **7 Amazing benefits of exercise**

Need more incentive to get moving? Here are seven to get you started. Exercise can improve mood, combat chronic diseases, manage weight, boost energy level, promote better sleep, enhance sex life, and increase confidence and self esteem. Plus a bonus benefit: Exercise can be fun!