



VIP MedSpa Clinic News

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Medical News

Early Sunburn Ups Skin Cancer Risk by 80%

The impact of blistering sunburns early in life is significant on the risk for skin cancer later in life.

Testosterone Therapy Won't Raise Prostate Cancer Risk

A new study evaluated the possible risk for prostate cancer in hypogonadal men on long-term testosterone therapy .

Processed Red Meat Linked to a 25% Increased Risk of Heart Failure in Men

A new study examines processed and unprocessed red meat consumption and the link to heart failure and death.



At VIPMedSpa Clinic, we offer SkinMedica which is an Allergan medical company product and we believe everyone deserves to have naturally radiant skin.

Medical Facts

Heart Disease is the leading killer of women and men. In women, the condition is responsible for about 29% of deaths, according to the U.S. Centers for Disease Control.

One of real difficulties is recognizing the symptoms of heart disease in women because they are different than men's symptoms.

Green Tea Slows, Prevents Certain Cancers

Researchers have discovered how green tea is able to slow the progression of cancer, and even prevent it, by altering its metabolism.

Late-Life Depression Linked to Higher Alzheimer's Risk

Researcher investigated the relationship between depressive symptoms late in life and the amount of amyloid, a hallmark of Alzheimer's, in the patients' brain.

Aspirin Causes Delays in wound Healing

Researchers investigated how aspirin interacts with key wound-healing skin cells called keratinocytes, in a new study.

Hypercholesterolemia Associated with Greater Psoriasis Risk

Hypercholesterolemia is linked to an elevated possibility of incident psoriasis, according to a new study.

Women don't experience the same classic "elephant on the chest or severe chest pain." They tend to have more referred pain pattern - feeling pain in the shoulder, upper back, arm or jaw.

When a women is having a heart attack, she may also feel queasy, sweaty and maybe a little nauseated.

Risk factors for heart disease include:

- Increasing age.
- Genetics and race. People with a family history of the disease have a greater risk. So do African-Americans, Hispanics, Native Americans and Native Hawaiians.
- Smoking is a huge risk factor for women.
- Obesity or being overweight
- Poor diet with too much fat
- High cholesterol
- High blood pressure.
- Diabetes

Women can make changes in their life and health to reduce their risk of heart disease.

- ◆ Don't smoke and avoid second-hand smoke.
- ◆ Eat healthy diet rich in vegetables, fruits, whole grains, fish and lean source of protein.
- ◆ Maintain a healthy weight
- ◆ Manage stress

Less Than 1% of U.S. Physicians Mention Sunscreen to Patients

Despite the steady rise in the incidence of melanoma over the past three decades, a recent study found that less than 1% of U.S. physicians mention sunscreen to patients—even those with a history of skin cancer.

Gene May Lead to Psoriasis Therapies

A recent study has identified a new gene, PIM1, that may eventually lead to the development of new treatment approaches for psoriasis.

IBD Linked to Increased Risk of Melanoma

Researchers investigate the role that immunosuppressive drugs play in increasing the risk of melanoma for patients with inflammatory bowel disease.

50g of Almonds a Day Improves Vascular Function

A new clinical study examined how antioxidants from almonds affect blood pressure and blood flow, and reduce heart disease.

♦ Get regular health screening. High blood pressure and high cholesterol can damage the heart.

Five Foods that Fight Stress

1. **Dark Chocolate** is known for its calming qualities and mood-boosting nutrients. You will just have to keep some handy. Look for bars that are 70% Cacao or higher to get the greatest health benefits.

2. **Oatmeal** : Carbohydrates help your body produce serotonin, a calming hormone that fights the negative effects of anxiety. Choosing a high-fiber carb such as oatmeal lets your body absorb it slowly, prolonging the serotonin boost.

3. **Walnuts** : Research shows these powerful nuts lower blood pressure. Walnuts are so healthy, you should eat 1 1/2 ounces a day.

4. **Spinach** : The magnesium in green leafy vegetables such as spinach improves your body's reactions to stress. Grab a bag for quick and easy salads and the frozen boxes for spinach dip.

5. **Salmon** : Omega-3 fatty acids in salmon can help reverse stress symptoms by boosting serotonin levels.

