



VIP MedSpa Clinic News

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Medical News

Green Tea Slows, Prevents Certain Cancers

Researchers have discovered how green tea is able to slow the progression of cancer.

Could Saccharin Help Fight Aggressive Cancers?

New research finds that saccharin could be useful as a lead compound in targeting aggressive cancers.

A Short Nap Can Improve Memory Retention by 5-Fold

A new study examined effect of short naps on hippocampus-dependent associative memory and hippocampus-independent item memory.

Can Exercise Prevent Depression?

Researchers evaluated the link between physical activity and symptoms of depression.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

I am very happy and proud to have just celebrated the **First Year** anniversary of VIP MedSpa Clinic. I would like to take this opportunity to personally thank everyone for their love and support of my practice in past year. I have been very fortunate to get to know all of you amazing people. I am looking forward to working with you for many more years to come.

Daily Diet Soda Linked to Abdominal Obesity

While many hope to avoid the dangers of daily soda intake by switching to diet beverages, these options may also increase risk of obesity and cardiometabolic syndrome, according to a new study.

Salt-Rich Diet Linked to Headache Severity

Researchers examined dietary sodium intake on the frequency and severity of headaches.

Could Vitamin D Supplements Effectively Reduce Hypertension?

Researchers conducted a meta-analysis to determine the impact of vitamin D supplementation on diastolic and systolic blood pressure.

Could Physical Activity Help Preserve Motor Function in Older Adults?

Higher levels of physical activity may help older people keep moving longer despite the late-life motor impairment that typically comes with age, according to new study.

Does Feeling Younger Reduce Risk of Death?

New research examined how self-perceived age reflects health, wellbeing and risk of mortality.

Help yourself to better sleep with these tips

Dreaming about a good night's sleep? Make it a reality with these tips.

Bedtime

- **Find ways to relax.** A warm bath before bedtime can help prepare you for sleep. Having your partner give you a massage also may help relax you. Create a relaxing bedtime ritual, such as reading, soft music, breathing exercises, yoga or prayer.
- **Make the bed comfortable.** Having a comfortable pillow and mattress can help promote a good night's sleep. In general, latex, contour foam and polyester pillows perform better than feather or regular foam pillows, but the choice comes down to your personal preference. Similarly, the choice of a firm or soft mattress is largely a matter of individual preference. You may need to experiment to find what works for you.
- **Create a sleep-friendly space.** Close your bedroom door or create a subtle background noise, such as a running fan, to help drown out other noises. Keep your bedroom temperature comfortable, usually cooler than during the day. Don't keep a computer or TV in your bedroom.
- **Hide the clocks.** Set your alarm so that you know when to get up, but then hide all clocks in your bedroom, including your wristwatch and cellphone. You'll sleep better if the clocks are out of view.
- **Get out of bed if you're not sleeping.** Sleep as much as needed to feel rested, and then get out of bed.

Could A Vegetarian Diet Lower Colorectal Cancer Risk?

A new study finds a link between a vegetarian diet and a reduced risk of developing colorectal cancer.

Physical Fitness Reduces Cancer Risk in Middle-Aged Men

New Research finds that men in better physical shape in middle age are at less risk for developing, and dying from, certain cancers.

Could An Apple A Day Decrease Prescription Use?

Researchers examined how daily apple consumption impacts rates of doctor visits and prescription drug use, in a new study.

Peanuts May Benefit Vascular Health

A new study evaluated the effects of peanut consumption on vascular function, glycemic control, and plasma lipids.

Cigarette Smoke Increases MRSA's Drug Resistance

Cigarette smoke may help antibiotic-resistant superbugs like Methicillin-resistant Staphylococcus aureus increase their resistance and fight off the immune system, according to a new study.

The bedroom should be used for sleep and intimacy. So, if you can't sleep, get out of bed after 20 minutes and do something relaxing, such as reading, rather than lying in bed and getting frustrated about your wakefulness.

Friendships: Enrich your life and improve your health

Discover the connection between health and friendship, and how to promote and maintain healthy friendship.

Friendship can have a major impact on your health and well-being, but it's not always easy to build or maintain friendships. Understand the importance of friendships in your life and what you can do to develop and nurture friendships.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Why is it sometimes hard to make friends or maintain

friendships? Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests, or maybe you've moved to a new community and haven't yet found a way to meet people.

Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

What's a healthy number of friends?

Quality counts more than quantity. While it's good to cultivate a diverse network of friends and acquaintances, you also want to nurture a few truly close friends who will be there for you through thick and thin.

Healthy Habits

Discover Take Shape For Life and 5 & 1 plan: Take Shape For Life is a program for healthy living, designed to help you take charge of your health for the long term. Three unique components—your health coach, the 5 & 1 plan, and the habits of health—create the foundation and long-term support that will guide you along your Optimal Health journey. Reaching a healthy weight is just the beginning—there is much more to come.

As a practicing Board Certified Internal Medicine physician for over 13 years, I have never seen a program produce results like Take Shape For Life. The benefits my patients are getting is not just about weight loss alone—It's about optimizing their health and improving their quality of life! Your result will vary, but many of my patients have lost up to 2 to 5 pounds per week. As a result of this weight loss, many have experienced:

- Lower blood pressure measurements
- Improved cholesterol values
- Increased energy levels