

HEALTH NUGGETS MAY, 2019

1. A 5-day diet regimen rich in Cottonseed oil was associated with improvements in cholesterol and triglyceride levels in healthy men compared with a diet rich in olive oil according to a study in *Nutrition Research*. There were significant improvements in cholesterol and triglycerides using cottonseed oil. Conversely, the olive oil did not change levels.
2. Elevated levels of body fat in postmenopausal women were associated with an increased risk of breast cancer, despite the presence of a normal BMI according to research published in *JAMA Oncology*. The study involved almost 3500 women in the Women's Health Initiative.
3. Aerobic exercise was associated with improved executive function and increased cortical thickness in cognitively normal adults between ages 20 and 67 years, suggesting that aerobic exercise may contribute to brain health. This was published in *Neurology* and improvements were more significant as age increased.
4. For anyone with cluster headaches, high-flow oxygen was found to be a highly effective treatment. This study published in *Headache: The Journal of Head and Face Pain* involving more than 50 countries suggests that oxygen be considered first-line therapy regardless of age.
5. Excessive screen exposure and poor performance on development screening tests was found among very young children. The study published in *JAMA Pediatrics* found that children 2 years, 3 years, and 5 years watched up to 25 hours of television per week. Clinicians should direct parents on appropriate lengths of and consequences associated with increased screen time.
6. We know that exercise can help fight depression, but a new meta-analysis has shown that the benefits aren't limited to aerobic activity. *JAMA Psychiatry* reported that resistance training, such as lifting weights, resistance bands, or doing calisthenics, could significantly boost mood in people with mild to moderate depression.
7. Women's brains are metabolically younger than men's, according to a report in *Proceedings of the National Academy of Sciences*. It's not that men's brains age faster. They start adulthood about 3 years older than women, and that persists throughout life. Women's brain ages were 3.8 years younger than their chronological ages. The men's brains were 2.4 years older than their true ages. We don't however know what that means. This maybe the reason women don't experience as much cognitive decline in later years.
8. A study published in January in *Circulation* found that certain gut microbes metabolize the dietary fiber we eat to create propionate, a fatty acid that protects against the harmful effects of hypertension. It also reduces food cravings. So eat more fiber. Choose whole-grain options for bread and pasta. Eat brown rice and add beans to soups or salads, eat the skins of fruits and vegetables, and snack on air-popped popcorn.
9. If you suffer from psoriasis, a new placebo-controlled study suggests that one natural remedy, called sea buckthorn extract, may be helpful. The patients were given a vial of sea buckthorn oil to put on the right side and a vial of

corn on the left side. There was significant improvement with the sea buckthorn.

- 10. The treatment for aortic stenosis has been open-heart surgery to replace the aortic valve. Now CV surgeons can insert a new valve that is folded within a large stent through the catheter that removes the blockage of the defective valve. Then the stent expands and keeps it in place. The biggest advantage is that there is no need to put the patient on a heart-lung machine. Patients have a lower risk of stroke and bleeding complications and do not require blood thinners.**
- 11. Tooth whitening strips, which contain hydrogen peroxide, can damage dentin, the middle layer of teeth.**
- 12. Ignore claims that vitamins can boost your brain health or that supplements can boost your mood or prevent depression.**
- 13. Don't rely on cinnamon supplements to lower your blood sugar.**
- 14. Don't be concerned about glycemic index in foods. There are too many variables to say that low-glycemic carbs are healthier. Build your diet around healthy foods.**
- 15. Don't waste your money on Prevagen for memory. It never even reaches the brain. In 2017 the Federal Trade Commission sued the maker of Prevagen for its misleading ads.**