

ASHBY ADVISOR

Sixteenth edition
January 2007

Happy New Year Everyone! Time to undo the holiday cheer and excesses.

General reminders:

-Eat more fish (especially Wild Alaskan Salmon, sardines and mackerel are also good – excellent source of Omega 3's).

-Keep up Vitamin D (800 IU's per day is the recommended guidelines now). People with the lowest serum levels of Vitamin D had the highest incidence of Multiple Sclerosis. (More studies to come).

-Other benefits of Vitamin D:

- Reduce hip fractures 26%
- Maintains muscle
- Maintains healthy gums
- Boosts the immune system

Post-surgical knees:

Thigh muscle weakness is common after knee surgery. Researchers have found that the weakness increases knee pain and dysfunction and over the years can accelerate arthritis. Quadriceps strengthening is important if you have had surgery (even years later). **NOTE:** I have also found gluteal weakness to be very common in post surgical knee patients. Also in people who have had hip or tailbone injuries.

News for men:

Being obese increases your risk of aggressive prostate cancer by 54%. But it decreases "low grade" tumors by 14%. Very aggressive tumors were 78% higher in obese men. Guess it goes back to "losing weight".

Also men who have fathered only girls (especially 3 or more) have a 40% risk of developing prostate cancer. Probably a chromosome abnormality.

News for Diabetics:

A preliminary study with diabetic mice has found that injecting a neuropeptide called "Substance P" into the pancreas virtually cured them. Lots of study to go and this is still in the "way early" stages. So keep eating right, exercising, etc. The magic pill isn't here yet.

Quote of the month: "The best way to break a habit is to drop it."