

ASHBY ADVISOR

Thirteenth edition
October 2006

Keep up the C –

The British Journal of Nutrition reported a study of 25,663 people aged 45-75. Those with higher plasma levels of vitamin C (in the blood) had lowered coronary risk by 33%. This was independent of all other lifestyle factors – good or bad.

Watch your medications –

The institute of medicine estimated at least 1.5 million medication errors every year. Errors are especially noted in hospitals. The Institute advises patients to research the benefits and side effects of medications before taking them and to keep a list of all medications, (prescription and over the counter) along with current vitamins and supplements you are taking and show them to your health provider.

Green Tea –

If you like green tea, keep drinking it. More research shows more and more benefits. It has been found helpful in

- 1) Inhibiting cancer cell growth
- 2) Helps prevent arthritis
- 3) May lower cholesterol
- 4) May lower blood pressure
- 5) May decrease blood clots
- 6) Helps protect the liver from chemical damage
- 7) Promotes a health mouth by inhibiting bacteria growth

And you don't even need a prescription!

Appointment Cancellation –

We very much appreciate it when you call to tell us you have a schedule conflict and can't make your appointment. Calling as soon as you can may allow us to help someone else get in that day. Thanks again for your help.

Auto Accidents –

People still ask us if we can help with injuries from an auto accident. Yes we can. Usually the sooner we can see you the better. If there are strained muscles and/or bruises the last thing to do is use heat. Start with ICE therapy, 20 minutes each hour. If you have unusual symptoms such as vomiting, visual disturbance, sudden blinding headache or severe dizziness, get someone to take you to the ER ASAP.

Quote of the month: The best teacher is experience – other people's if you are smart

****The office will not be open on Saturday for the rest of October – Dr. Ashby has Boy Scout commitments.
So remember to make your appointment if something is “not right”,
Regular office hours are Monday and Tuesday 9-6, Wednesday 10-7, Thursday 8-noon and Friday 8-4. ****