

ASHBY ADVISOR

Sixty-third edition
Summer 1 of 2012

Are you a slacker or a go getter? It appears that the levels of dopamine in 3 areas of the brain help to determine how hard someone is willing to work. (Dopamine is produced in several areas of the brain and is associated with risk/reward behaviors. It is also low in Parkinson's Disease and is implicated in ADHD.) While high levels of dopamine in some areas seemed to indicate a high work ethic, high levels in other areas caused the opposite trait. So this may be why just increasing Dopamine levels in the brain does not always produce the best outcome. Not all areas of the brain seem to be affected positively with an increase in Dopamine - only certain areas. Now, how do you target specific areas?? This study is from The Journal of Neuroscience (May 1st, 2012).

Researchers have found a certain protein that may be to blame for frequent urination especially at night. They found that our body's internal clock controls the production of a key protein that helps regulate our bladder's ability to hold urine. The protein is Connexin43. The more you have the greater the urge to urinate. Usually your body makes less of this protein at night, but apparently not in everyone. Of course there are other reasons for frequent urination. But this could hold a clue for those with unexplained urinary frequency issues. This is from Nature Communications (May 1st, 2012).

Concussions in young athletes is a big concern especially the long term consequences. Three football helmets have recently received a 5 star rating for their ability to decrease concussions. The top helmets: Riddell Revolution Speed, The Rawlings Quantum Plus, and the Riddell 360. The National Institute of Health supported the developmental research for the rating system used in the study. The system to rate helmets is the Virginia Tech Helmets Rating. So nice to see companies working on this, especially in football.

Quote: "Minds are like parachutes - they only function when open."