

FRACKSON HEALTH CARE

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Skipping Breakfast: Bad for the Heart

A scientific statement from the American Heart Association makes it crystal clear: Breakfast is good for your heart. The AHA guidelines recommend eating breakfast every day, eating more calories earlier in the day and eating less calories later in the day can lower the risk of cardiovascular disease, heart attack and stroke.

Here's just one pearl from the statement: "Epidemiological studies provide strong evidence of a relation between breakfast skipping and cardiometabolic risk. These include greater risk of overweight and obesity, metabolic risk profile, diabetes mellitus, CVD, and hypertension. These risks seem to be independent of differences in diet quality between breakfast eaters and nonconsumers."

If you eat breakfast every day, good for you. But according to estimates, up to 30 percent of U.S. adults skip the morning meal. That means you or someone you know likely starts their day without the essential nutrition their body needs. Need some healthy breakfast options for a busy, on-the-go go-getter? Talk to your doctor about the benefits of a healthy breakfast every day. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2347>

Healthy Brain: Mind Over Matter

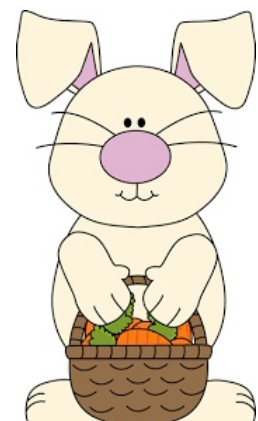
In our busy, hectic lives, there's nothing like a good game now and then to take your mind off the madness. Young, old or anywhere in between, board games, puzzles, chess, checkers and various other endeavors entertain and challenge us.

But do you know they offer another benefit, one that could literally help you ward off disease?

Cognitive decline is one of the least understood – and scariest – health complications associated with aging. Even mild cognitive impairment (MCI) causes a slight, but noticeable decline in memory and thinking skills, and increases the risk of developing Alzheimer's disease or other forms of dementia. Symptoms of MCI, according to the [Alzheimer's Association](http://www.alz.org), include "[forgetting] important information that he or she would previously have recalled easily, such as appointments, conversations or recent events" and impairments in "the ability to make sound decisions, judge the time or sequence of steps needed to complete a complex task, or visual perception."

Worried about MCI? Let's revisit the game issue, because research suggests keeping your mind sharp and engaged with games that make you think can help reduce your risk of cognitive decline. The latest study found that playing games reduced the risk of new-onset MCI by 22 percent in adults ages 70 and older. What's more, the benefits weren't limited to the games described above; working on crafts was associated with a 28 percent reduction in MCI risk, computer use a 30 percent reduction, and social activities a 23 percent reduction.

It's all about mental stimulation, suggest the study authors. So when it comes to staying mentally healthy with age, remember: think mind over matter. Talk to your doctor to learn more. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=2349>



Please note our office will be close in April for the following holidays:
Good Friday April 14th and Easter Monday April 17th