



e-Well News

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Our goal is to deliver high quality healthcare with extra attention paid to each patients' individual needs.

"You Got a Problem With That?"

Some of the recipients of our first newsletter noted that they had a hard time opening the attachments in the newsletter. I apologize for any inconvenience there might have been. Please let us know if you are unable to open the attachments in this newsletter.

Some Hot Topics In The News

Echinacea May Bolster Immune System

According to a new study in *The Lancet*, the herbal supplement Echinacea may boost the immune system more than previously thought. In fact, the herb may prevent and shorten the duration of common colds. Echinacea, which is derived from the purple coneflower plant, could decrease the risk of developing a cold by as much as 58%, and cut the length of cold symptoms by 1 ½ days, conclude researchers at the University of Connecticut School of Pharmacy.

As Reported by ABC News

Estrogen May Help Hearts of Younger Women

New research suggests that estrogen pills may offer some heart benefits for certain women who started taking them in their 50s. A study published in the *New England Journal of Medicine* found that women who took estrogen experienced less hardening of the arteries compared with those who did not take the hormone. They were also 30% to 40% less likely to have measurable levels of calcium deposits in their coronary arteries.

As Reported by USA Today / The New York Times

Dietary Supplements Face Stricter Regs

For the first time, the Food and Drug Administration is requiring the makers of dietary supplements to test the purity and composition of their products. The move comes 13 years after the passage of the Dietary Supplement Health and Education Act of 1994, which required companies to substantiate the safety of supplement ingredients. If dietary supplements, i.e., vitamins and herbal products, do not contain the ingredients they claim to, the FDA will consider the products adulterated or misbranded, requiring revised labeling or confiscation in more serious cases.

As Reported by MSNBC

Wine May Curb Cavities: Study

According to Italian researchers, even when the alcohol is removed, both red and white wine may fight bacteria in the mouth that causes cavities. Acids isolated in wine were effective against cavity-causing streptococcal bacteria and other bacteria associated with throat infection. Researchers also cautioned however, that wine contains compounds that may dilute these benefits to some extent.

As Reported by CBS News

Autism Linked to Growth Hormones, Big Heads



A team of researchers from the National Institutes of Health, the Centers for Disease Control and Prevention and the Cincinnati Children's Hospital report that boys with autism and related disorders have a higher level of growth hormones than other boys, which may explain why children with autism often have larger heads. Researchers hope the new findings uncover promising leads that may provide useful insights into understanding the causes of autism.

As Reported by Reuters / MSNBC

Fibromyalgia Drug Wins FDA Approval

The Food and Drug Administration has approved pregablin (Lyrica) as a treatment for the pain associated with fibromyalgia. This is the first drug to win FDA-approval to treat fibromyalgia, a syndrome marked by muscle pain and fatigue. Pregablin had already been in use to treat diabetic peripheral neuropathy. Side effects include dizziness and sleepiness, and it was noted that not all patients received the benefit from the drug in clinical trials.

As Reported by MSNBC

Hydrogen Peroxide for Small Wounds?

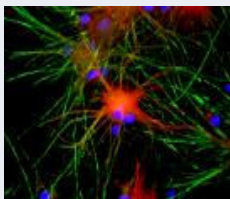
According to several studies, the use of hydrogen peroxide is not very effective as a first - line treatment for small wounds and cuts. Researchers found it did not have the ability to reduce bacteria, and can actually inflame healthy skin cells around wounds. It may also increase the amount of time it takes for wounds to heal. One study by American Medical Association did find hydrogen peroxide to be effective at dislodging dirt and debris, and removing dead tissue in small wounds.

As Reported by The New York Times

Soy May Bolster Women's Bones

An Italian study suggests that a compound found in soy foods may boost bone density in postmenopausal women with osteopenia. Researchers found that a compound called genistein appeared to strengthen the bones of women at risk for osteoporosis. The chemical structure of genistein resembles estrogen, the same hormone that protects bones, and then fades after menopause.

As Reported by CBS News



Dr. Dalan's Corner

Headaches

Headaches are strange little monsters. They often strike even the strongest of people with enough force to bring them, literally, to their knees. They are myriad in form ranging from the common tension headache to the thankfully less common cluster headache. Probably the most referred to headache is the migraine but it is often one that is commonly misdiagnosed by the lay public. I often hear that someone has migraines only to find out that they really have very bad tension headaches or some other type of headache that they have always believed was a migraine. Migraines typically have what is called a "Pro-drome" which precedes the headache by sometimes up to a day or more but typically a few hours to minutes. It might consist of visual disturbances such as showers of sparks in the visual field or a funny smell sensation. The patients often note the formation of pain behind one eye and often the pain is almost always on one side of their head. Once the headache has arrived the typical patient has to seclude themselves from light and noise and rest to allow the headache to pass. There are some modern drugs which seem to affect migraines such as Imitrex and caffeine based medications but generally do not affect other types of head pain. Some of the common missed causes of headaches that we have found over the years include chewing gum which irritates the Tempromandibular joint, reading or watching TV while laying on the stomach or side. Slow impact from the temple extension portion of glasses especially on new prescriptions or in the case of someone who has gained facial weight without having their glasses frames altered. Sinus headaches are often missed and confused with migraines and Jaw pain often mimics all sorts of headache pain. Most headaches emanate from the base of the skull where the nerves that supply the head come from. Often, the vertebrae at the top of the neck can become dysfunctional leading to headaches which start at the base of the head and then travel over the top to the forehead. Whatever the type of head pain you might experience you should discuss it with me. There might just be a chiropractic solution.

