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**Clinic Hours: Monday-Thursday 9:00 am- 12:00 pm & 2:00 pm- 6:00 pm Friday 8:30 am- 12:00 pm  
Friday 1:00 pm- 5:00 pm & Saturday 8:00 am-11:00am  
Website:healthandwellnesschiropractic.com**

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## Various Fun Tid-Bits:

### Dental Pneumonia

A study published in the journal *Chest* concludes that better oral hygiene might go a long way in preventing pneumonia in the elderly. This study tracked 49 nursing-home patients who were admitted to hospitals for problems other than pneumonia for the duration of their stay. On admittance, samples were taken of bacteria from their oral plaque. Subsequently, 28 percent of these patients came down with pneumonia during their hospitalization, and lung fluid analysis revealed a match to the bacteria originally found in their mouth. This study is only one in a long line of works that suggest a relationship between dental flora and systemic or physically remote infections.

### Naps for the Heart

A six-year study of more than 23,000 adults concluded that individuals who take a short afternoon nap are less likely to die from a heart problem. The study was more statistically significant for men than women because of the study design, but the authors believe both sexes eventually will be shown to benefit similarly. The study found that those who napped about a half an hour, three times a week, were 37 percent less likely to die from a heart-related problem. There are a number of possible explanations, ranging from stress relief to the idea that people who nap just tend to take better care of themselves.

# **Prescription Drug Poisonings Up**

The CDC reports that unintentional deaths due to drug poisoning (mostly prescribed medications) increased by 68 percent between 1994 and 2004. This places drug deaths second only to motor vehicle accidents as the major cause of accidental deaths. The rate in 2004 was 7.1 deaths per 100,000. Rate increases varied wildly, with West Virginia experiencing the highest at 550 percent. Psychotherapeutic drugs were the largest contributors to the problem in this study.

# **HIP FRACTURE HEARTBURN**

A study performed by the University of Pennsylvania, School of Medicine concluded that individuals using common heartburn medications over a long period of time increase their risk of hip fractures. The problem appears to be the result of decreased calcium absorption, but more research is needed to confirm this. The study involved almost 150,000 persons over the age of 50, and involved over 13,000 hip fractures. The researchers found that the higher the antacid dose and the longer the drugs were taken, the more likely a fracture would occur, but the average risk increased by about 44 percent for patients taking heartburn medication.

# **Allergy Retraining**

Doctors from Duke University Medical Center are being encouraged by an experiment in patients with severe food allergies. Researchers have been giving their subjects daily miniscule doses of the allergen (typically eggs or peanuts) and gradually increasing the dosage until they are able to tolerate an accidental exposure to a small amount of the substance. For a peanut allergy, the researchers start out with 1/3000 of a peanut and gradually increase the dosage until the child shows some kind of reaction, typically hives. Then the dosage is decreased slightly, and the patient is prescribed that amount every day. Every two weeks, the dosage is increased slightly until they reach a maintenance dose of about 1/10 of a peanut. After two years of this, many of those with peanut allergies could tolerate 15 peanuts. Four of the seven children in the study allergic to eggs could eat two scrambled eggs with no problem. The researchers

warn that these patients are very closely monitored and this is not something you should try at home.

## Vitamin D for MS

A study of more than 7 million military personnel published in the *Journal of the American Medical Association* suggests vitamin D may offer a protective effect against multiple sclerosis. The study found that fair-skinned soldiers with the highest blood levels of vitamin D were 62 percent less likely to develop MS. The correlation was not so apparent in the dark-skinned individuals involved in this study, for reasons undetermined at this time. The data from this research also seems to suggest it is more helpful to have the vitamin D levels at a younger age.

## Smoking the Knees

The knees seem to bear a lot of the load of cigarette smoking, according to this study from the Mayo Clinic in Rochester, Minn. Researchers found that smokers with knee arthritis tend to suffer twice the cartilage deterioration in their knee joints compared to nonsmokers, and suffer more pain accordingly. The findings may be especially pertinent in light of the fact that most of the smokers were younger and lighter than the other group. The study used MRI scans over a 2.5-year period to measure cartilage loss.