

November Health News Review

November 5, 2013

Dr. Arnold's latest Pitching Newsletter - [Shoulder Injuries in Pitchers May Be Linked to Foot Problems](#)

#5 - [Breakthroughs in Prenatal Screening](#) - NY Times October 7 2013

"The newest screening test...relies on fetal genetic fragments found in the mother's blood...is so accurate in detecting Down syndrome that few, if any, affected fetuses are missed, and far fewer women need an invasive procedure to confirm or refute the presence of Down..."

#4 - [Commuting's Hidden Cost](#) - NY Times October 28, 2013

"...driving more than 10 miles one way, to and from work, 5 days a week was associated with an increased risk of developing high blood sugar and high cholesterol...a greater risk of depression, anxiety and social isolation, all of which can impair the quality and length of life."

#3 - [Yoga Practice Beneficial to Patients with COPD](#) - ScienceDaily October 28, 2013

"29 patients with COPD who received yoga training that included the use of physical postures (asanas), breathing techniques (pranayama), cleansing techniques, (kriyas), meditation, and a relaxation technique (shavasana) for 1 hour, twice a week for 4 weeks....then 1 hour every 2 weeks for 8 weeks....showed significant improvement in lung function, breathing, quality of life, and inflammation status."

#2 - [Review Suggests Dairy Intake May Help Blood Sugar Control](#) - NOW Foods October 23, 2013

Drinking 1 cup of milk per day can reduce your risk of type 2 diabetes by as much as 13%:

#1 - [Coffee Consumption Reduces Risk of Liver Cancer](#) - ScienceDaily October 22, 2013

"The favorable effect of [3 cups coffee per day reducing the risk of liver cancer by 40%] might be mediated by coffee's proven prevention of diabetes, a known risk factor for the disease, or for its beneficial effects on cirrhosis and liver enzymes." - Dr. Carlo La Vecchia

Have A Question About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!