

## February Health News Review

February 4, 2014

### **#5 - [Committing to Play for a College, Then Starting 9th Grade](#) - NY Times January 26, 2014**

*"...it's the singular biggest problem in college athletics."* -Steven Swanson, UVA Womens' Soccer Coach

*"It's killing all of us."* -Anson Dorrance, UNC Women's Soccer Coach

*"There's a sense that the N.C.A.A. doesn't want to address this topic at all."* -Dom Starsia, UVA Men's Lacrosse Coach

### **#4 - [Green Spaces Deliver Lasting Mental Health Benefits](#) - ScienceDaily January 7, 2014**

*"...movers to greener areas experienced an immediate improvement in mental health that was sustained for at least 3 years after they moved...people relocating to a more built up area suffered a drop in mental health. Interestingly this fall occurred before they moved; returning to normal once the move was complete."*

### **#3 - [Passing Bowls Family-Style Teaches Daycare Kids to Respond to Hunger Cue, Fights Obesity](#) - ScienceDaily January 14, 2014**

*"Family-style meals give kids a chance to learn about things like portion size and food preferences. When foods are pre-plated, children never develop the ability to read their body's hunger cues. They don't learn to say, okay, this is an appropriate portion size for me."* -Brent McBride

### **#2 - [Physical Activity, Sedentary Behavior, and C-reactive Protein in Pregnancy](#) - Medicine & Science in Sports & Exercise**

During the 2nd trimester, get up off the couch to help keep inflammation down!

### **#1 - [Probiotics May Ease Stomach Upset in Babies](#) - NY Times January 16, 2014**

*"After one month, the babies who got the probiotic showed a significant decrease in crying time and an increase in frequency of bowel movements...fewer emergency department visits and needed less medication for stomach problems [compared to the placebo group]. Their parents lost fewer days of work, and there were no adverse side effects."*

## Have a Question About This Newsletter?

Call (631-352-7654) or email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) Dr. Arnold!

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