WellNews: All the news that's fit

by Scott LaFee

MEDTRONICA

Dr. Driving

www.drdriving.org

Worldwide, roughly 1.5 million people are killed each year in traffic accidents, usually due to driver error. Learn more about how to avoid such a fate and phenomena like road rage at this broad-based Web site.

I'LL DRINK TO THAT

Coffee apparently has its perks. According to Food Technology magazine, recent studies combined with research over the last 30 years show that moderate consumption of coffee - and thus, caffeine - has a generally positive and protective effect on health.

Among the alleged benefits: improved glucose regulation and lowered risk of type 2 diabetes, kidney stones, depression and Alzheimer's disease. "Many negative health myths about coffee drinking may now be transformed into validated health benefits," said Roger A. Clemens, a functional food expert at the Institute of Food Technologists and one of the authors of the magazine story.

I'LL DRINK TO THAT - According to Food Technology magazine, recent studies show that moderate

consumption of coffee has a generally positive and protective effect on health. CNS Photo. MEDTRONICA - The www.drdriving.org Web site offers tips on how to avoid accidents and driving errors. CNS Photo.The key, though, is moderation, which Clemens says translates into three to five cups a day. We're talking standard cup here, about 8 fluid ounces, not a Starbucks' "venti" cup, which is 20.

A-CHOO-TTENTION!

If you've never met a pollen you couldn't sneeze at, stay away from these cities, which were rated by the Asthma and Allergy Foundation of America as the worst American cities to live in. From worst to least bad:

1. Atlanta

2. Philadelphia

3. Raleigh, N.C.

4. Knoxville, Tenn.

5. Harrisburg, Pa.

6. Grand Rapids, Mich.

7. Milwaukee, Wis.

8. Greensboro, N.C.

9. Scranton, Pa.

10. Little Rock, Ark.

The AAFA based Atlanta's "worst" score on the city's high asthma death rate, high pollen levels, severe air pollution and "worse-than-average" public smoking laws.

The AAFA ranks Seattle as the best place to live among 100 rated cities.

The entire list can be viewed at www.aafa.org.

PHOBIA OF THE WEEK

Arachibutyrophobia - fear of peanut butter sticking to the roof of your mouth

BODY OF KNOWLEDGE

Everybody's got a "fissure of Rolando." You just have to know where to look for it, figuratively speaking. It's the deep groove separating the brain's frontal lobes from its parietal lobes. The fissure, named after the Italian anatomist Luigi Rolando, has another equally odd name: the central sulcus.

GET ME THAT. STAT!

According to a new Harvard School of Public Health Analysis study, nicotine levels in cigarettes rose 11 percent between 1997 and 2005. The tobacco industry has denied any intentional, systematic increase in nicotine - the main addictive ingredient in cigarettes.

BEST MEDICINE

Man: Doctor, my leg keeps talking to me.

Doctor: Don't be ridiculous!

Leg: Hey, can you lend me a 10-spot?

Man: See, doc. I told you.

Leg: C'mon, how about a measly $5?

Doc: I know what the problem is: Your leg's broke.