

## WellNews: Remember this - Don't worry, be happy

by Scott\_LaFee

The following news may freak you out, but try not to forget it: People who are often stressed or depressed are much more likely to develop memory problems than those with sunnier dispositions.

Following a 12-year study of 1,256 people, researchers at Rush University Medical Center in Chicago said that the chronically anxious or morose were 40 times more likely to develop mild cognitive impairment - a form of memory loss that is often a transitional stage between normal aging and dementia.

"Not only are these individuals losing cognition, but they are showing many of the changes in the brain that are associated with Alzheimer's disease," study author Robert Wilson said.

BE HAPPY - People who are often stressed or depressed are much more likely to develop memory problems than those with sunnier dispositions, researchers say. CNS Photo.

MEDTRONICA - The Weird Medical Cases web site at [www.nationalreviewofmedicine.com/](http://www.nationalreviewofmedicine.com/) is an offshoot of a Canadian medical newspaper and lists strange-but-true medical cases reported by actual doctors and nurses. CNS Photo.

The study suggests that chronic stress may harm portions of the brain responsible for responding to stress, portions that are also involved in memory. Wilson said the findings could lead to early treatments, such as promoting exercise as a way to reduce stress and depression and, thus, the likelihood of later mental impairment.

MEDTRONICA

Weird medical cases

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An offshoot of a Canadian medical newspaper, this site offers a listing of strange-but-true medical cases reported by actual doctors and nurses.

BODY OF KNOWLEDGE

Americans swallow 16,000 tons of aspirin each year.

GET ME THAT. STAT!

Almost one-quarter of patients 18 years and older who were patients in American hospitals in 2004 suffered from some sort of mental disorder, according to a new report by the Department of Health & Human Services' Agency for Healthcare Research and Quality.

NEVER SAY DIET

Oleg Zhornitskiy once ate 128 ounces (8 pounds) of mayonnaise in 8 minutes - a world record.

STORIES FOR THE WAITING ROOM

In India, it was once thought that if a child's nose itched, it foretold the onset of a serious illness. The standard remedy was to tap the child on the nose with a shoe, then spit.

DOC TALK

House red - blood

PHOBIA OF THE WEEK

Consecotaleophobia - fear of chopsticks

BEST MEDICINE

"Doctor, am I going to die?"

"That's the last thing you're going to do."

## OBSERVATION

I jogged three miles once. It was the worst three hours of my life.

- Rita Rudner

## LAST WORDS

Let the tent be struck.

- Robert E. Lee (1807-1870)

## TV A WEIGHTY ISSUE

Most of us know that too much TV time can make you pack on pounds. But too many hours in front of the tube may also make it harder to maintain weight loss, the journal *Obesity* says. Data was analyzed from almost 1,500 people who had kept a loss of at least 30 pounds for a year. People who increased their TV time gained an average of 9 pounds, while those who cut back gained only 2. Weight-loss experts recommend limiting tube time to 10 hours weekly.

## LISTEN TO THIS

Listen up. Duke University found that people who interrupt conversations are up to seven times more likely to get heart disease. Researchers theorize that people who butt in are excessively competitive and controlling. These high-risk folks can lower their risk without drugs or dietary changes. All they have to do is practice being good listeners.

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