

Everyone.

A study out of University of Chicago claims that people who live near areas with high violent crime rates are 25% more likely to suffer from hypertension and 53% more likely to be obese. Should one be treating someone so impacted and want to code, suggest, Z60.8 High Violent Crime Neighborhood.

From the Alzheimer's association International Conference last Wednesday, a report saying people whose blood pressure was kept lower than the recommended 130/80 had a significant reduction in mild cognitive impairment. When we see the report, it may answer whether there is a difference depending on how the low pressure was achieved.

One of the nice aspects of saying, "I practice psychodynamic psychotherapy" is the pleasure of conceiving of oneself as "dynamic." Now a proposal that it is physiologically beneficial to tap the toes, wiggle the feet or in some other way move the feet or legs while sitting, called "dynamic sitting." So, while reading Sentinels, be a "dynamic sitter."

Furthermore, one can be a "dynamic stretcher." Dynamic stretching, some thought, was superior to ordinary muscle stretching. For example, rather than stretching a quadricep by holding it in a stretched position for a while, one can repeat the motion by pulling the leg up, then release it back to the ground, then pull it up again with many repetitions. But apparently the only gain is being "dynamic." ***No benefits to stretching per se has been shown*** [NY Times, 24 July, page D6].

Washington POST, last week, "Will Future Generations Find Us Cruel?" suggests a number of ways we may be so judged. One of them close to home, the widespread use of psychoactive drugs, e.g., one in nine on antidepressants to take the hard edges off of life. The editorial wonders if future generations "will question this crisis of despair and ennui, and at the broad search for chemically induced numbness?"

Many of our clients/patients are taking baby, low-dose, aspirin. You might want to bring to their attention that an article in Thursday's NY Times. Page D6, suggesting that those weighing more than 154 pounds do NOT benefit from taking the low-dose. Those weighing more 154 might want to check with their primary physician as to whether they should be taking aspirin and how much. Article did not mention if there is difference as to gender.

From the Screen-Use Disorder desk:

1] 17 July JAMA, Association of Digital Media Use with Subsequent Symptoms of ADHD Among Adolescents concluded that there was a significant connection.

2] A county in Ohio advocates "5-2-1-0" for its citizens, five daily servicing of fruits and veggies, two-hour limit on screen watching, one hour of physical exercise, and zero sugary drinks.

From the Lakphy Desk:

1] Recent J Amer Heart Association says that for physical exercise of any duration, 40 minutes/d are associated with reductions of death rates of more than 50% in a study of folks at least 40 years or older.

2] From a recent *Frontiers in Human Neuroscience*, study of folks >62 years, two groups, one social dancing such as cha-cha, swing, other dances and a second did fitness workouts strength training, and flexibility training, both for 18 months. At end, MRIs showed both had increased gray matter in hippocampus, and dance group also had increased gray matter in other parts of the brain and improved balance not found in the second group.

3] A London study of those walkers >59 y/o found that blood pressure, lung volume, and arterial stiffness were better in those who took their mid-day walks in parks rather than busy streets. Stress, noise and crowdedness credited with the difference.

Roger