

Points of Interest

Chocolate Lowers Stroke Risk

The list of benefits for eating chocolate has grown once again. A Swedish study, published in the *Journal of the American College of Cardiology*, that looked at more than 33,000 women showed that chocolate eaters had about one third the risk of stroke. Stick with dark chocolate if you want to avoid all the fat and sugar that you find in most candy bars.

Reuters October 11, 2011

<http://www.reuters.com/article/2011/10/11/health-chocolate-idUSL3E7LB03Q20111011>

Marathon Induces Labour

A woman experienced strong contractions as she crossed the finish line at the recent Chicago Marathon. She stopped and grabbed a sandwich on the way to the hospital. A couple of hours after completing the more than 40-kilometre race, Amber Miller gave birth to her second child. "It was the longest day of my life," she said.

CBC News October 10, 2011

<http://www.cbc.ca/news/health/story/2011/10/10/chicago-marathon-mom-gives-birth.html>

Food Recalls on the Rise

The Canadian Food Inspection Agency has released its numbers on recalls this year, and it's not looking good compared to last year: already there have been 20 more recalls, and there are still a couple of months to go. *Escherichia coli* and *Listeria* are cited as the culprits in about half the cases. Keep yourself informed by visiting the agency's website at www.inspection.gc.ca.

CBC News October 7, 2011

<http://www.cbc.ca/news/health/story/2011/10/07/pol-cfia-food-product-recalls.html>

Aspirin Users May Go Blind

Millions of people take aspirin every day to lower the risk of suffering heart disease and strokes. But doing so is not without risk. A study of 4,000 elderly people in Europe showed that those who took aspirin every day were twice as likely to experience late-stage age-related macular degeneration as those who did not.

The Telegraph October 13, 2011

<http://www.telegraph.co.uk/health/8804075/Regular-aspirin-users-at-higher-risk-of-sight-problems-research-suggests.html>

Age Limitations for California Tanning Salons

The International Agency for Research on Cancer has classified "[ultraviolet]-emitting tanning devices as 'carcinogenic to humans.'" And California law makers are listening. The state is the first to impose age limitations on the use of tanning beds. Those 18 years and under who want a tan will have to stick to the beach or spray it on.

CNN Health October 9, 2011

<http://www.cnn.com/2011/10/09/health/california-tanning-law/index.html>

"Text Neck" Latest in Technological Afflictions

Chiropractors are warning cell phone enthusiasts to keep usage to a minimum – or at least to sit up straight when texting. Smart phones and tablet computers have many people flexing their necks for long periods of time. In the worst cases, the muscles have adapted to fit the flexed position, making it painful to straighten the neck out properly.

The Telegraph October 13, 2011

<http://www.telegraph.co.uk/health/healthnews/8811596/Mobile-phone-users-suffering-from-text-neck.html>

Compassionate Babies

As early as 15 months, babies are showing fairness and altruism. A study published in the journal *PloS ONE* shows that co-operative behaviours such as spontaneously helping others is developed early on in life. Researchers are now working on determining if these qualities are the result of nature or nurture.

Science Daily October 10, 2011

<http://www.sciencedaily.com/releases/2011/10/111007161636.htm>



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