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Modalities of Treatment
Larry Lachman, PsyD**

Childhood wheezing reduced with Vitamin D

Massachusetts researcher Dr. Carolos Camargo found that after studying 3 year old children from 1,194 mother-child pairs, those children whose mothers were given a high intake of vitamin D (mean total 548 IU/day) during pregnancy had less risk of developing recurrent wheeze or wheeze symptoms in early childhood. Dr. Camargo and colleagues conclude that, "If others replicate our findings, we would support the initiation of randomized trials of vitamin D repletion in populations at high-risk of asthma morbidity and mortality."

American Journal of Clinical Nutrition 2007, 85, 788-795; 853-859

Yoga and aerobic walking helpful during menopause

Dr. Steriani Elavsky and colleagues at Pennsylvania State University report that after studying 164 sedentary menopausal women, those who took regular yoga classes and walked had higher emotional wellbeing than those women who did not engage in these activities. Reduction in hot flashes and an increase in overall happiness were reported by the yoga/walking group via boosting their overall cardiovascular fitness. Dr. Elavsky and colleagues conclude that the findings are encouraging since fitness is something women can change through consistently performing activities that raise their heart rate. Elavsky points out the need for further studies since some past research has shown the opposite among menopausal women, i.e. that exercise actually increased the rate of hot flashes.

Annals of Behavioral Medicine, 2007, 33(2)

Men have denser bones with omega-3 fatty acid intake

Dr. Magnus Hogstrom and colleagues at the Umea University in Sweden studied 78 men aged 16 to 24 for blood levels of fatty acid and bone density. Those men with higher blood levels of omega-3 fatty acids (especially docosahexaenoic acid), had greater mineral bone density in the body and spine compared to men who had low blood levels of omega-3 fatty acids.

American Journal of Clinical Nutrition, 2007, 85, 803-807

HIV transmission reduced behaviorally

Dr. Stephen Morin and colleagues of the University of California at San Francisco tested a cognitive-behavioral therapy intervention consisting of stress coping and adjustment behaviors in addition to safer sex practices. Out of a total of 936 HIV patients, those in the CBT group demonstrated a 36% reduction in transmission risk compared to the control group, measured by the number of unprotected sexual risk acts transpiring with persons of HIV-negative or unknown status. The greater effect of the reduced risk in the treatment group held at the 20 month post-treatment assessment period but not at the 25 month assessment period. Dr. Morin and colleagues partially conclude by writing that "even small behavior changes among infected individuals can have a significant effect on the epidemic."

Journal of Acquired Immune Deficiency Syndrome 2007, 44, 213-221

Coronary heart disease risk high among firefighters

Dr. Stefanos Kales of Harvard Medical School report studied all deaths among U.S. firefighters between 1994 and 2004 (excluding deaths by terrorist attacks). They found that specific firefighting duties such as suppressing fires, responding to alarms and physical training, can trigger heart events in susceptible firefighters. Forty-five percent of firefighter deaths were due to heart disease – which is higher than for police officers and other emergency workers. The review showed that those firefighters involved in the specific activity of suppressing fires were twelve times more likely to die of coronary heart disease than those engaged in non-emergency duties. Dr. Kales and colleagues conclude that "While we can't say what the exact risk is, we presented a fairly wide range of estimates so that we can be quite confident that the risk is increased... Although we can't say that we were surprised by the results, we were struck by how consistent the evidence is."

New England Journal of Medicine, (2007, 356; 12: 1207-1215

Larry Lachman, PsyD, is a Licensed Clinical Psychologist based in Monterey, California, who specializes in Psycho-Oncology, Cardiac Psychology, Pain Management and Grief and Loss. Dr. Lachman is the co-author with Carmel Poet/Philosopher Ric Masten of a book on coping with cancer entitled, "Parallel Journeys." Dr. Lachman is an adjunct instructor at the California School of Professional Psychology-At Alliant International University in San Francisco and can be reached through his web site at: www.ParallelJourneys-Cancer.com

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P.O. Box 502, Medford, NJ 08055

Phone (866) 823-4214 (609) 714-1885

Email: center@ijhc.org Website: <http://www.ijhc.org>

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