

Health IQ

GET SMART ABOUT YOUR BODY WITH DR. ROIZEN & DR. OZ

THE BUZZ

1 Just three weeks of diet and exercise can reduce your risk of heart disease.

2 For a child's fever, ask your doc about alternating ibuprofen and acetaminophen.

3 Animal studies suggest resveratrol, found in red wine, may delay memory loss and other signs of aging.



4 People with heart disease who eat a grapefruit a day lower their cholesterol more than those who don't.

5 Movies as medicine? Viewing comedies increases blood flow to the heart; disturbing flicks reduce it.

SOURCES: JOURNAL OF APPLIED PHYSIOLOGY; ARCHIVES OF PEDIATRICS AND ADOLESCENT MEDICINE; CURRENT BIOLOGY; JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY; HEART

Who Needs Sleep?

I'm a mom who works double shifts. Often I'm awake for 48 hours straight; other times I sleep 4 hours a night. What damage am I causing?

Think of the effects of massive sleep deprivation as similar to the effects of a tequila bender. When it comes to your health and the risk you impose on others, you're as dangerous as a drunk driver. The facts:

- Doctors working 80-90 hours a week were so sleep deprived they performed a simulated driving test as though they had chugged 3 to 4 alcoholic beverages.

Q & A

- Nurses working a 12.5 hour or more shift were 3 times more likely to make mistakes than those on shorter shifts.

Scary stats—and the findings apply to you too: You need sleep to function. Lack of sleep leads to bad food choices and other health risks. For your kids and yourself, you must find time to sleep. Schedule shuteye as you do work or a doctor's visit. It's one appointment you can't afford to miss.



ONE COMMON PROBLEM FOUR EXPERT SOLUTIONS

THE LOWDOWN ON CHRONIC LOW BACK PAIN

THE CHIROPRACTOR/REHAB DOC

WEAK BACKS typically are the ones that have more pain, so you need to strengthen your back and abs. Ask your doctor about starting a comprehensive fitness program with stretching, sit-ups and other moves to improve balance, strengthen trunk muscles and ease soreness. And if your pain tends to come and go, try chiropractic treatment. It can be especially effective for acute and episodic pain.

JAMES DILLARD, MD, DC,
Author of *The Chronic Pain Solution*

THE NUTRITIONIST

BELLY FAT IS a main cause of back pain, so losing weight is key. To reduce painful inflammation, cut back on foods high in omega-6 (corn oil, sesame oil) and eat more omega-3 fats (fish, walnuts). Make sure you're getting enough calcium and magnesium, or ask your doctor about supplements. You won't see immediate relief, but these changes may help over time.

DWIGHT MCKEE, MD, Aptos, California

THE YOGA PRO

TRY VINIYOGA, A TYPE OF therapeutic yoga that's easy to learn and is good for beginners. In a major study, the practice was better at relieving low back pain than self-help books, and likely helped more than exercise classes too. With regular practice, you can see relief in three to six months.

LARRY PAYNE, PHD,
Founder, samata.com;
Director, Yoga Rx therapy program,
Loyola Marymount University

THE SURGEON

EXERCISE, chiropractic and lifestyle changes help. But you have to be involved

in your care. We want to know how long you've had pain, when it hurts and what, if anything, eases it. Surgery is usually a last resort, since it's riskier than other interventions and doesn't always fix the problem.

PAUL MCCORMICK, MD,
Director, Comprehensive
Spine Center,
NewYork-Presbyterian

28% of
Americans
suffer from
low
back pain



BOTTOM LINE

Most people recover by themselves. See a doctor if you have pain in a specific location, pain at night or the pain shoots down your legs. Stay active to accelerate recovery and prevent future injury. Focus on trunk-strengthening moves including yoga. Sleeping in the fetal position on a medium-firm mattress can help, by taking pressure off your lower back. DR. ROIZEN & DR. OZ