



November 2, 2009 – Grand Rapids, MI

Fall

I just thought that you should know your risk of a having a heart attack in the coming week went down over the weekend. Why? Because the clocks fell back. Back in early March, I wrote about a Swedish study that examined the rate of heart attacks in the week following the time change in both the spring and the fall. In the spring, the heart attack rate for the week after the time change increases substantially. Researchers think it may be due to the reduction in sleep. It's hard to believe one hour could have that much impact, but it seems to, at least in the short term. So enjoy this week. Just be careful on Friday—the risk goes above normal for that day. I guess you've used up that extra hour of sleep by then.

Sleep is important and if you don't get enough on a regular basis, it might impact your risk of a heart attack in the days after you lose sleep. But if you're not at high risk, you don't need to be quite as concerned about how much sleep you get. If you take care of your body by eating better, getting some exercise, and taking your supplements, the loss of an hour of sleep won't necessarily have the same impact. Keep that in mind as you ask yourself:

What are you prepared to do today?

H1N1 Vaccine Update

Whether to get the H1N1 vaccine is still one of the most frequently asked questions. I've posted another Research Update on that topic today to provide more information to help you make a decision about whether to get yourself and your family vaccinated. It covers the most important issue in many of your minds: mercury. Check the Research Update page at drchet.com for this new one, two others on the flu, and other topics as well.

Dr. Chet

Reference: NEJM. 2008. 359:1966-1968.

WGUV Straight Talk on Health

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