

PEARLS

The Question: Is having a few glasses of wine good or bad for your health?

The Research: The science can be confusing. Numerous studies say moderate alcohol intake is a heart healthy habit (and may even help prevent osteoporosis) yet there seems to be a “tipping point” when it comes to breast cancer. A new National Institutes of Health investigation correlated the drinking habits and incidence of breast cancer of more than 19,000 women and found that those who drank up to two adult beverages per day on a regular basis increased their risk of developing several forms of breast cancer by 32% and a staggering 51% if they imbibed three or more drinks per day. In another study, researchers found that women with certain genetic profiles doubled their breast cancer risk if they drank any alcohol at all.

Dr. Corio Says: One drink a day is good for the heart but two is bad for the breasts. It's important to set a one drink limit on most days especially if you have a family history of breast cancer. If you're unclear about your breast cancer risks, let's talk about it at your next appointment.

The Question: Does the human papillomavirus (HPV) vaccine really work?

The Research: Yes! Several large, long term investigations have found the vaccine to be 100% effective in blocking two common strains of the virus responsible for the sexually transmitted disease. Since the vaccine became available three years ago, abnormal Pap tests and cervical procedures have already declined markedly – more than 40% – among young women who received the vaccination.

Dr. Corio Says: Have your daughters vaccinated when they are 11-12 years old or when they 13-26 years old if they haven't yet received or completed the vaccine series. Females who are sexually active may also benefit from the vaccine but less so since they may have already acquired one or more of the four HPV types covered by the vaccine. Few young women are infected with all four HPV strains so they would still get protection from the types they have not acquired. Our office administers this vaccine so make an appointment for you (if you fit the profile) or your daughter today.

Doctor's & Office Hours

**Hours the doctor is in the office and seeing patients.
All appointments will be made during these times.**

Monday	12:00 PM-6:00 PM
Tuesday	9:00 AM-3:00 PM
Wednesday	9:30 AM-2:30PM
Thursday	8:00 AM-2:00PM

Hours that staff is in the office and answering phones.

Monday	10:00 AM-5:00 PM
Tuesday – Friday	9:00 AM-4:00 PM



Tip of the month

You've heard the saying “you snooze you lose.” Turns out it's true if you're talking about pounds. Columbia University researchers studied the sleeping habits of more than 18,000 people and found that those who get by on less than four hours of sleep a night are an astonishing **73%** more likely to be obese than people who slumber seven to nine hours nightly and even those who caught six hours were **23%** more likely to be obese.

The reason? Lack of sleep disrupts levels of the ghrelin and leptin, the hormones that regulate hunger. When you're deprived of sleep, leptin levels fall as your ghrelin levels shoot up, triggering hunger which in turn triggers overeating and that of course leads to weight gain. Don't worry about an occasional sleepless night but if you're trying to lose weight, my advice is to go to bed and get at least seven hours of sleep on a consistent basis. It just might give you the edge you need when you're trying to lose weight. It's also probably the easiest slimming advice you'll ever be asked to follow.