

June Health News Review

June 4, 2015

#5 - [Why We Need More Nurses](#) - NY Times May 28, 2015

"The biggest change in the last five to 10 years is the unrelenting emphasis on boosting their profit margins at the expense of patient safety. Absolutely every decision is made on the basis of cost savings."

-David Schildmeie

#4 - [See what researchers found when they tested a bottle of Fiji Water against a glass of tap water](#) - Upworthy.com

"These bottled water companies say they're just meeting consumer demand. But who would demand a less sustainable, less tasty, way more expensive product? Bottled water costs about 2,000 times more than tap water. Can you imagine paying 2,000 times the price for anything else? How about a \$10,000 sandwich?"

-Annie Lenoard

#3 - [Fine particulate air pollution linked to risk of childhood autism](#) - ScienceDaily May 21, 2015

"This type of pollution refers to particles found in the air that are less than 2.5 micrometers in diameter, or 1/30th the average width of a human hair...includes dust, dirt, soot and smoke. Because of its small size, this type of pollution can reach deeply into the lungs and get into the blood stream."

#2 - [Sunshine alone not enough for vitamin D during pregnancy](#) - ScienceDaily May 18, 2015

"Pregnant women with vitamin D deficiencies may be at greater risk of various problems and complications, both for themselves and their babies. It's imperative for pregnant women and the medical community at large, to recognize the importance of vitamin D in overall health."

-Dr. Karros Spiros

#1 - [Walking an extra two minutes each hour may offset hazards of sitting too long](#) - ScienceDaily April 30, 2015

"...there is no benefit to decreasing sitting by two minutes each hour and adding a corresponding two minutes more of low intensity activities. However, a 'trade-off of sitting for light intensity activities for two minutes each hour was associated with a 33% lower risk of dying."

[Testimonial of the month:](#)

"Dr. Arnold was fantastic with my 13 year old son...He took the time to explain in detail why his injury may have occurred and how to prevent it in the future."

-Christine, Smithtown

Have Questions About This Newsletter?

Contact (631-352-7654 / PitchingDoc@msn.com) Dr. Arnold!