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June 2011



Memory Loss: What's Normal, What's Not?

Dr. Locke's Prescription for a Better Life

Forgot where you put your keys? Can't recall where you parked your car in a busy parking garage? Is this normal? Many middle-aged and older adults become concerned that mild memory loss and forgetfulness are signs of dementia. The good news is that mild memory impairment is felt to be part of the aging process.

[Click here](#) to discover more details about your memory from a noted geriatrician and Healthnetwork Service Excellence Award Recipient.

[Ask Dr. Locke a question about your health and the first five people will receive a healthy gift.](#)

In the News

Strenuous exercise may protect aging brain

New research published in the *Neurology* journal says the MRIs of people who exercised at higher levels were significantly less likely to show silent brain infarcts than people who exercised lightly. To read more about the research findings and the reaction of a

stroke specialist at the **University Hospital** in Cincinnati, please [click here](#).

Study Fails to Answer Questions About Cell Phones and Cancer Risk

There has been a lot of debate on whether or not the use of cell phones contributes to an increased risk of cancer. In his blog post "Brain Tumor Risk and Cell Phones," **Dr. Keith L. Black of Cedars-Sinai Medical Center** mentions the Interphone study — the largest research undertaking to date on the potential effects of cell phone use and brain cancer risk — and how it could potentially define a relationship between cell phones and brain tumors. To learn more about the official results, please [click here](#).

Get in Shape

If your doctor were to give you a prescription for exercise, it might actually be one of the most important prescriptions you could ever get. Regular aerobic exercise is one of the best things you can do for your health. To learn **Cleveland Clinic's** take on how small lifestyle changes can boost your wellness and help you fight disease, please [click here](#).



Healthnetwork Founder Leads by Example

Twenty years ago, Healthnetwork's founder was inspired to build a network around health. The power of his vision became all too real in October of 2009 when Bill welcomed his grandson, Chase, into the world at **Rainbow Babies and Children's Hospital** in Cleveland, Ohio. With Chase weighing in at a mere one pound, every day was both a blessing and a nightmare. "There is nothing you can do to prepare for something like this. You wish and hope and pray that you're with the best medical team the world can offer," said Rowley.

To read more about Bill's experience, please [click here](#).

MyPlate, the New Food Icon



For nearly 20 years the U.S. Department of Agriculture's food pyramid has cast its shadow

You are a Life Saver



In May 2010, my world was rocked just like

over America. Its goal was to influence everything from what farmers grow, to how manufacturers make products and even what Americans choose to buy and eat. Today, however, there's a new icon in town — and it's called MyPlate.

To learn more about what **Mayo Clinic** dieticians say about it, [click here](#).

many others down here in Louisiana. The oil spill in the Gulf was affecting not only my business, but my own well-being. The stress was unbelievable and starting to take a toll on me physically. I found myself in the ER with chest pains.

[Click here](#) to read more about Aaron's story at **St. Luke's Episcopal Hospital/Texas Heart Institute** in Houston.

Dedicated to providing you and your loved ones timely medical information, facilitated access to leading physicians and world-class medical care at America's top hospitals

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