

Psychological Benefits from Exercise

There is a high correlation between those who don't exercise and those who experience anxiety. In addition to the physical fitness/health benefits of jogging and exercise, the emotional and psychological benefits of exercise include:

During exercise the body releases endorphins that make exercise easier and less painful and have a significant role in the ability to relax. By exercising, your mind and body will have a much easier time relaxing.

Cortisol is a hormone released during times of stress, and it's responsible for many of the symptoms associated with anxiety. Exercise burns away excess cortisol, causing fewer anxiety symptoms and less long-term damage from cortisol release.

Exercise also improves every component of overall health. It teaches your heart and lungs to breathe more efficiently, regulates hormones and improves muscle strength.

Some studies have shown that regular jogging may be as powerful or more powerful than some of the world's most well-known anxiety medications, all without any side effects. It's something you should already be doing regularly for your own health, and is an absolute must if you suffer from anxiety.

The following is an excerpt from the February 2018 issue of the Us TOO *Hot SHEET* newsletter;

PAGE 3

Doc Moyad's What Works & What is Worthless or "No Bogus Science" Column

"Exercise is Now Officially Recommended to Prevent Dementia if You Are at High-Risk for Dementia!"

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Okay, if people really appreciated breaking news in medicine, the American Academy of Neurology (ANN) just put exercise in their clinical guidelines as arguably the only way to officially slow the progression to dementia, but where the HECK is the love and appreciation?

One of the most dramatic and significant moments in my medical career just occurred, but all I heard was crickets (aka "silence")! So, this is why my column is so darn important. If a drug or supplement was invented that was now recommended in clinical guidelines to reduce the risk of dementia in some of those at the highest risk of getting dementia/Alzheimer's disease then it would make the cover of every darn newspaper and major media outlet. Yet, here the lack of attention is embarrassing.

And, how does this apply to cancer or prostate cancer? That is easy! Whether it is hormone therapy or other drugs, we focus on whether or not these things increase the risk of dementia. Despite lack of a proven cause and effect, let us just assume that prostate cancer patients are at increased risk of dementia not just because of age but because of hormone therapy. So, why should we not focus on a potential solution or how to prevent it? Individuals at higher risk of dementia are also commonly labeled with the term "Mild Cognitive Impairment" (MCI), which basically means the situation is not normal but it does not mean the person has dementia. It basically means that things are progressing toward dementia. Now, after countless hundreds of millions of dollars spent on research (actually

billions) what does research have to show for it? What drug is recommended to stop MCI or slow its progression? None! What dietary supplement? None! What medical procedure? None! So, let me read you the new guidelines for the AAN: First, it says clinicians may choose not to offer prescription medications, but if offering, "they must first discuss lack of evidence." And, then here comes the moment that should have changed all our lives! Are you ready for it? Here it is (capitalized by me for emphasis but still word for word): "CLINICANS SHOULD RECOMMEND REGULAR EXERCISE." What the heck?! Take just one moment in your life to appreciate this because it is amazing! If this is not enough to get you off your gluteus maximus to move more... well then, probably nothing

else will do it! Several clinical trials have shown the ability to delay the progression of cognitive impairment and memory loss with exercise! WHERE THE HECK IS THE COMMERCIAL? Well, you just got a true commercial from Dr. Moyad and Us TOO, and remember it forever or especially the next time you do not want to go out for a walk, or get on a treadmill, or elliptical, or go swimming, or do tai chi or whatever! Now, I've got to go walk my dog and then go for a run because clinical guidelines now suggest that it really matters! How about that for a start to 2018?! Wow! And wow spelled backwards!

References:

Petersen RC, Lopez O, Armstrong MJ, et al. Practice guideline update. *Neurology* 27 December 2017, Epub