



Birmingham Counseling Center, P.C.

Psychotherapy and Medication Treatment for Adults, Adolescents, and Children

Individual Counseling, Marital Counseling, Family Counseling

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Located off of S. Adams, North of Lincoln

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Sleep Hygiene Tips

These tips regarding getting a good night's sleep originally came from an article written by Rajnish Mago, M.D.

-Stick to approximately the same times to wake up and to go to bed. Don't vary this schedule much on weekends.

-Wake up at a fixed time every day regardless of how long you slept during the night. This is hard to do but will be really helpful by making you sleep better and better over the next few days.

-If you haven't slept well and are tired, the temptation to nap is understandable. BUT if you nap during the day, your sleep at night will be worse. This cycle will continue. Rest as much as you need to during the day, but do not lie down or nap.

Keeping Blood Sugar Low May Preserve Geriatric Memory

Lowering blood glucose levels may help lessen the cognitive decline of normal aging, even in diabetes-free patients, researchers here at Columbia University said. The results of this study suggested that keeping blood glucose levels low through physical activity or other means may slow age-related memory loss.

"Our results suggest that improving glucose metabolism is a clinically tractable approach for ameliorating the cognitive slide that occurs in all of us as we age," Dr. Small and colleagues wrote in the *Annals of Neurology*.

Cholesterol Depletion, Statins, and Depression

According to a recently published article, new research into cholesterol-lowering statin drugs and serotonin-1A receptors may help explain the relationships between cholesterol levels and symptoms of anxiety and depression. Research findings dating back to the 1990s show that serum cholesterol level, especially the HDL fraction, is significantly lower in many patients with major depressive disorder than in matched non-depressed individuals and that clinical improvement following antidepressant therapy is often associated with normalization of serum total cholesterol to higher levels. According to researchers, "Many people who follow a reasonable diet and who exercise can adequately manage their cholesterol without recourse to statins or other conventional or CAM cholesterol-lowering drugs."

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