



It may be beautiful on the outside but it's what's on the inside that counts



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Ask about our dedicated Memory Care Unit

health & wellness

'Tech Neck'

The painful price of staying connected.

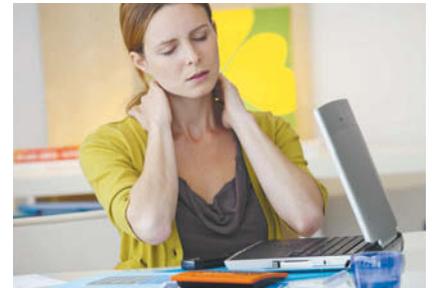
You may not be hunched over an assembly line for 10 hours a day, but 21st-century technology may be even worse for your posture. Tech Neck is the new posture syndrome that can have big health consequences, especially as many people now spend four to eight hours a day texting, tweeting and typing on smartphones and tablets.

Research shows just how much posture stress from tech device use is hurting our health. According to a recent study, looking down at your phone or computer with just 15 degrees of forward head tilt more than doubles the pressure on the neck and upper back.

An adult head typically weighs 10 to 12 pounds when it's in a neutral position. But as soon as you begin to tilt your head forward, the amount of weight your neck has to support increases dramatically. Researchers found tilting your head forward just 15 degrees surges the amount of pressure on your spine to 27 pounds. Depending on how far forward your phone habits make you tilt your head, it can add up to a whopping 60 pounds of pressure on your neck and spine.

When you consider, on average, people spend two to four hours every day with their heads tilted down texting, surfing, gaming and reading on smart phones, the increased pressure on the neck adds up and stresses spinal joints and discs. It's even worse with young adults: One study showed college women spent 10 hours a day on their devices, while college men spent eight hours.

Anything you do repeatedly, especially for so many hours a day trains and changes body posture and func-



Dr. Steven Weiniger of Atlanta, an internationally known posture expert and author of *Stand Taller Live Longer, An Anti-Aging Strategy*, offers these tips to combat Tech Neck:

- Move more. Take active posture breaks during the day.
- Keep a level head. Lift the phone to eye level.
- Pull your elbows in and roll your shoulders back and down.
- Keep your core engaged. It supports your torso, which supports your neck.

tionality. Doctors are seeing increasing numbers of people, from middle school age to older adults, complaining of neck aches, back pain and pinched nerves with many showing signs of early arthritis.

From vision problems to early lines and wrinkles forming around continuously bent necks, Tech Neck is making people look and feel old before their time. New studies are linking sitting and texting posture with breathing problems, heart disease and other conditions. Paying attention to how you use your body is important in keeping your body healthy, pain-free and moving well. □

\$250,000 Grant To Help Fight Children's Leukemia

Children Hospital of Michigan Foundation (CHMF) has received a \$250,000 Hyundai Scholar Hope Grant for pediatric cancer research.

The grant will support the work of Jeffrey Taub, M.D., chief, pediatric oncology, DMC Children's Hospital of Michigan, to focus on developing new therapies for children with acute myeloid leukemia who have relapsed after treatment with standard chemotherapy.

CHMF is one of 45 recipients nationwide to receive a 2015 Hyundai Scholar Grant during September, National Childhood Cancer



Dr. Jeffrey Taub

Awareness Month.

"I am honored to receive this grant award from Hyundai Hope On Wheels," Taub said. "Their support of pediatric cancer research is essential to developing new treatments that may improve outcomes for children."

The \$250,000 grant to Taub was officially presented during a Hope on Wheels Handprint Ceremony at Children's Hospital of Michigan on Sept. 3.

During the ceremony, Hope on Wheels commemorated Detroit-area children affected by cancer by capturing their handprints on a white 2016 Hyundai Tucson. □