# Medical Minute

## JUST SOME STUFF I CAME ACROSS:

- You've heard that too much sitting is bad for your heart. Now new research says long stretches in a chair may also raise the risk of dementia. The advice is to take regular movement breaks: at work, walk to the kitchen for coffee or a snack; on a road trip, stop and stroll over to the vending machines; and during TV commercials, get up and move. I already do that last one!! I walk all the way to the freezer for ice cream. Look at me, following medical advice!
- This one was a shocker: three months after volunteers began rinsing daily with an alcohol-based mouthwash, bacteria associated with gum disease were significantly more abundant. Apparently, even your mouth thinks happy hour has gone too far. The bottom line: use an alcohol-free mouthwash and consume your alcohol the traditional way—in a cocktail, like the rest of us.

- Some adults—yes, apparently that includes those of us with more life experience—may have atypical, or "silent," reflux. You may skip the usual heartburn and instead get a chronic sore throat or cough, hoarseness, trouble swallowing, or the feeling that something is stuck in your throat. Doctors can test how much acid is moving from your stomach into your esophagus and, if needed, prescribe medication to reduce acid production. Naturally, the recommendations also include the familiar greatest hits: maintain a healthy weight, exercise, eat well…blah, blah, blah. Apparently, "take a pill and have dessert" remains tragically under-researched.