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PERCENTAGE OF DESIGNATED DRIVERS WHO DRINK BEFORE GETTING BEHIND THE WHEEL. IN A STUDY, 18 PERCENT OF THEM HAD A BLOOD-ALCOHOL LEVEL OF AT LEAST 0.05 PERCENT—THE POINT AT WHICH DRIVING IS IMPAIRED, ACCORDING TO RESEARCH.
Source: University of Florida at Gainesville

THIS JUST IN

Happier Days

When medication and therapy don't work, transcranial magnetic stimulation (TMS) can lift some depressed patients' moods. In a clinical trial, the procedure—in which a noninvasive device sends a magnetic pulse into the cerebral cortex, impacting the part of the brain that controls depressive symptoms—had a response rate in 55 percent of patients after one year, and a remission rate of 30 percent. TMS may be an alternative for some patients who had only electroconvulsive therapy as an option before, says study author Philip Janicak, M.D., a psychiatrist at Rush University Medical College. TMS is offered in about 500 centers nationwide.



Bust gut troubles with bubbles.

BURN NOTICE

Frequent heartburn sufferers are nearly 80 percent more likely to be diagnosed with throat cancer, says a study in *Cancer Epidemiology, Biomarkers & Prevention*. “Regular backflow of stomach acid into the esophagus can irritate the lining, which leads to DNA damage, the first step toward cancer,” says study author Scott Langevin, Ph.D. Popping over-the-counter antacids may lower your risk. If you repeatedly feel the burn, discuss your options with an M.D.

TAKE A LIGHT BREAK

Another reason to keep gunning for that corner-office promotion: Workers who sit near windows during the day clock an average of 46 more minutes of sleep per night, rack up more physical activity, and report higher quality of life than their daylight-deprived counterparts, reports recent research. Exposure to natural light helps regulate your circadian clock, so you feel sleepy at night and alert during the day, says study coauthor Ivy N. Cheung of Northwestern University. Make time to get outside every day—especially in the morning, says Cheung—to reap the benefits.