



WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.

CDC Releases New Vaccine Schedules

The Centers for Disease Control and Prevention (CDC) recently released updated [guidance](#) on vaccine schedules. The agency accepted recommendations from its Advisory Committee on Immunization Practices (ACIP), which had recently issued new [recommendations](#) on vaccine schedules, including for the withdrawal of the recommendation for the [combined](#) measles, mumps, rubella and varicella vaccine, as well as the [COVID-19 immunization](#).

The CDC updated its adult and child immunization schedules to recommend that toddlers through age three receive protection from varicella (chickenpox) as a standalone immunization rather than in combination with the measles, mumps and rubella vaccine. The ACIP approved this recommendation with a vote of eight to three. According to the agency, the decision was based on data suggesting a slightly increased risk of febrile seizures compared to separate shots. Critics argue this move limits parental choice and may lead to more injections for young children.

Regarding COVID-19 vaccines, the ACIP has dropped universal recommendations and shifted to immunization based on individual decision-making. The ACIP's recommendation emphasized risk-benefit vaccination, noting the benefits for individuals

over the age of 65 or those with an increased risk of severe COVID-19. The U.S. Food and Drug Administration (FDA) has approved marketing authorization for COVID-19 vaccines for individuals aged 65 and older or those with one or more risk factors.

Public health experts have voiced concerns about the panel's updated recommendations. For personalized vaccine guidance, consult your primary care provider.

Most Heart Disease Cases Linked to Preventable Risk Factors

A new global study has revealed that over 99% of heart disease cases are linked to at least one modifiable risk factor, emphasizing the critical role of prevention in cardiovascular health. Researchers analyzed data from more than 600,000 cases of cardiovascular disease in South Korea and another 1,000 cases in the United States. They found that common contributors to heart disease include high blood pressure, poor diet, smoking, obesity and lack of physical activity.

The study highlights that addressing these factors early through lifestyle changes and medical interventions can significantly reduce the risk of developing heart disease. To effectively reduce the risk of heart disease, individuals should continue

prioritizing the management of key risk factors, such as blood sugar, blood pressure, cholesterol and smoking. The findings serve as a reminder that heart disease can be preventable and that proactive wellness strategies can make a life-saving difference.

Contact your health care provider to discuss your risk factors for heart disease.

New Study Links Calorie Restriction With Depression

A new study has raised concerns about the mental health effects of calorie-restricted diets, suggesting that cutting calories too aggressively may increase the risk of depression. Researchers analyzed data from over 28,500 adults in the U.S. National Health and Nutrition Examination Survey. They found that individuals following low-calorie diets scored higher on depression symptom scales than those not dieting.

Experts speculate that such diets may deprive the brain of essential nutrients, like glucose and omega-3 fatty acids, needed to maintain emotional balance and cognitive function. Additionally, the stress of dieting, especially when weight loss efforts fail or result in weight cycling, may further contribute to depressive symptoms. These findings challenge earlier clinical trials that suggested calorie restriction could improve mood. Researchers note that previous studies often involved structured, nutritionally balanced diets, unlike the real-world dieting patterns many people follow.

While managing your weight is beneficial to your physical and mental well-being, the approach you take is just as important. Supporting your mental health alongside physical goals is essential for long-term well-being. For personalized and sustainable weight loss strategies, be sure to consult your health care provider. They can help tailor a plan that fits your unique needs and circumstances.

Stay tuned for more wellness-related news and developments.