

Mayo Clinic Minute

ankle sprains, fatty foods, apples

Video	Audio
Vivien Williams on camera	Hi I'm Vivien Williams with your Mayo Clinic Minute. Listen to this. The American College of Sports Medicine says 25,000 people sprain their ankle every day. Sure, you recover, but those sprains are not always simple or run-of-the mill injuries. Here's Mayo Clinic sports medicine specialist Ed Laskowski.
Host: Edward Laskowski, M.D. Co-Director, Sports Medicine Mayo Clinic	"There is an effect after an ankle sprain that's lasting on the muscle and on the balance system, the stability system."
	Dr. Laskowski emphasizes exercises to strengthen muscles around the joint are key to long-term recovery.
	Let's talk about fatty foods. Vanderbilt University researchers found a defective brain signal causes mice to eat too much of it, leading to obesity. They say figuring out how the brain balances what you eat could help find ways to combat obesity in people.
	And can you guess what kids' favorite fruit is? Apples. They like them and they are a healthful treat — so says a study in the journal Pediatrics.
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