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Women suffering from depression may be at larger risk of weakening of bones, suggests a US funded study that has shown how mild depression is also enough to cause the harm. Smoking cigarettes and doing little or no exercise is already known to cause osteoporosis - a disease of bone that leads to an increased risk of fracture.

The new research found that the level of bone density loss attributed to depression in the study was similar to other well-known osteoporosis risk factors, including smoking cigarettes and doing little or no exercise.

The study conducted by Giovanni Cizza and colleagues at the National Institute of Mental Health (NIMH) looked at 89 women with mostly mild depression between the ages of 21-45 and other 44 similarly-aged women without depression.

Bone mineral density testing revealed that 17 percent of the depressed women showed evidence of bone thinning at a particularly vulnerable area of the thigh bone as compared to 2 percent of women who were not depressed, reported online edition of health magazine WebMD.

Lower bone density at the lumbar spine, the five bones in the lower-back portion of the spine, was also seen in 20 percent of the depressed women as compared to 9 percent of women without depression.

Cizza said depression was associated with a 2 percent reduction in bone mass at the hip, roughly seven times the expected loss for a healthy premenopausal woman.

"This study shows that even mild depression can have very real consequences for bones," Cizza said.

"Depression needs to be recognized as a risk factor for bone loss in premenopausal women and general practitioners should consider testing women with depression for osteoporosis and treating them if necessary" the researcher said.

Miss uniform

In August, under the scorching sun!

In August, the people's army traversed a brilliant 80.

81 of that day, the commander of the military subdistrict Nanyang old squad leader to telephone, said troops should renew 07 of the new uniforms, 81 army formally installed that day. , The reunification 10th anniversary of General Secretary Hu's visit to Hong Kong to attend the reunification ceremony and inspected the Garrison, on the television screen, I had already seen the first refitted by the Hong Kong Garrison's 07-style uniforms, is very pretty. The media said that the army installed estimated to be 60 billion. Our country's economic development, although they have not talked much about prosperity, but with the past than our own, it is a very rich. Our soldiers should wear mighty, and it was some, this is the country, the troops face.n

My father is also an old soldier, he still retained a 55-style uniforms. Sometimes when I was in front of him, I said the soldiers wearing this 65-uniformed than his hands 55-uniformed soldiers to look good when we have two generations of soldiers will answer directly in the debate, said that his soldiers at the whole package of military uniforms beautiful!

The years of our soldiers, uniformed unlike so many varieties now on the summer and winter only distinction.n

I issued orders, running forward, ready to head report. The official who largest? I would like to! I compare to a fat build saluting officers, think he should be inside the largest official. No fat, and other military officers to the next to a relatively short stature is of the officers comity, I have already

raised their hands at the King: Report heads, the company is drilling. Requested instructions!

Associate, that officer is tall thin inspection division to the head, he is inside the largest official - I was guilty of profiling mistake!

We then uniform, summer uniforms, a year, two years, a set of winter clothing. Training operations, assembly, are reviewing the set Winter is cotton cloth expected, the summer is Dacron. This was called Dacron fabrics, synthetic Dacron polyester actually is.n

March, when As I walked on to the thigh would faded root, a party of cloth containment there. 1977 winter field training troops thousands of miles, attack, raid, anti-airborne training ... walked every day to go 4, 50 km, when a quick march to go more than 60 km. For more than a month away more than half of Henan Province.n

Experience!

Talking about military linen, not to mention the soldiers of packets. Anyone serving in the military who know that packets is nothing. It is actually a common side white cotton cloth. Do not look on this piece of odd bits of cloth, but it issued a formal standard linen military one, each army recruits on a linen together with the payment. Each soldier s personal belongings have all used this piece of white cotton cloth wrapped. The white cotton cloth spread out the personal items on the central cloth, 1.n

Kok Leng burden. Its role is that of a private soldier small box. The small bag, are usually not the personal belongings, photo albums, letters from home, books and so on. All my personal belongings is to use this wrapped with a piece of white cotton cloth. Personal items that the packet is actually not that privacy! At that time, every weekend, the company will carry out inspections House, one is the clean-up packets, deputy company commander and platoon leader of the soldiers will check each packet, see some contraband , will be Confiscation .

1978 end of troops into combat readiness, prohibited personnel bail, no letters, no phone, is not permitted to disclose the action.n

Uniformed, not only soldiers, or have been, it is the soldiers who give up a difficult emotional, is not serving in the military whenever people start with uniformed, there will be a Different sentiment. On one of my classmates said, he became excited and told me that he see sunrise in the top of Mount Tai, is how together with his girlfriend rented wrapped with the military coat, hold each other, support, the top of Mount Tai resist freezing, waiting for a round red sun rises from the east slowly ...n

Army coats have become his love of the stage props! Do you think that kid who you are! It is the military coat things! I told him to do with derision said. How many things, and even love are related to the occurrence of this green military uniforms have this or that kind of contact. It is a street of the popular green military uniform, cap and military-media liberation became fashionable young people.

About the Author

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