

HOPE

HEALTH LETTER



VOL. 30, NO. 3

“An ounce of prevention is worth a pound of cure.”

MARCH 2010

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PAST, PRESENT, & FUTURE

The three most important things you can do to prevent cancer

1. Know your family health history.

Learn everything you can about the health histories of all of your close relatives and share it with your doctor. Even if you have inherited a risk for a specific cancer, earlier and more frequent screenings, as well as preventive treatments in some cases, may help reduce your chances of developing cancer.

2. Make healthy choices today — and every day.

Avoid all tobacco products. Eat more fruits and vegetables, whole grains, and less animal fat. Get at least 30 minutes of daily activity to help with weight control. Always use sunscreen. Limit alcohol — no more than two drinks per day for men; one for women.

3. Follow cancer-screening guidelines for your age, sex, and other risk factors — such as colorectal cancer screenings for all adults beginning at age 50; mammograms for women beginning at age 40; Pap tests beginning no later than age 21. Talk to your doctor — people with certain risk factors may need earlier screenings.

Sources: American Cancer Society; Prevent Cancer Foundation

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Compiling a family health history

You can find free help on how to collect and organize your family health history at <https://familyhistory.hhs.gov>.

Like curly hair or freckles, family members can share a combination of factors, including genes, lifestyle, and environment that put them at higher risk for certain diseases, including cancer, diabetes, and heart disease.

Knowing your family history and sharing it with your doctor can help you understand your risk and take steps to stay healthy.

Source: U.S. Centers for Disease Control and Prevention

Drive now,
talk later
see page 6...



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outer aisle fresh



MEALS & SNACKS

A day's worth of fruits & vegetables

It's easy for most of us to get enough fruit in our diets. Add bananas, berries, or dried fruit to breakfast cereal, slice a juicy melon for dessert, and crunch on an apple for a quick snack and you'll probably meet the daily nutritional guidelines of 2 cups.

Getting enough vegetables can be more challenging, however. Here are some easy ways to work the recommended 2½ cups into your daily menus:

- Start the day with ½ cup of vegetable juice.
- Enjoy a spinach salad or other main dish salad for lunch.
- Add vegetables instead of meat to pasta dishes, pizzas, soups, and stews.
- Spoon salsa onto a baked potato.
- Keep bags of pre-cut, pre-washed carrots, snap peas, and cherry tomatoes on hand for quick snacking.
- Make a vegetable stir-fry with small amounts of chicken, lean beef, or fish.
- Whip up some refreshing fruit and vegetable smoothies.
- Top off salads with apples and pear slices, cranberries, and pomegranate seeds.

Source: U.S. Department of Agriculture

Garden-Fresh Vegetable Linguini

8 cups water
6 oz. dried linguini, broken into thirds
4 oz. sugar snap peas
4 oz. asparagus spears, broken into 2-inch pieces
6 oz. grape or cherry tomatoes, halved
1/3 cup fresh parsley, snipped
1/4 cup finely chopped green onions
1/2 tsp. salt
6 oz. low-fat feta cheese, drained & crumbled
1 Tbsp. fresh lemon juice
Pepper to taste

In a large saucepan, bring the water to boil. Add pasta, stir, and boil for 6 minutes. Add peas and asparagus to the boiling pasta and cook for 3 minutes, or until the peas are tender crisp.

Meanwhile, in a large bowl, stir together tomatoes, parsley, green onions, and salt. Drain the pasta in a colander and stir into the tomato mixture. Gently add the feta, lemon juice, and pepper to the mixture.

Serves 4. Per 1½ cup serving: 241 calories, 1 g fat, 16 g protein, 41 g carbohydrate, 3 g fiber, 635 mg sodium.

Source: American Heart Association One-Dish Meals, Clarkson Potter Publishers, a division of Random House

A BOUNTY OF HEALTH BENEFITS Fruits & vegetables...

- are loaded with health-promoting antioxidants.
- can help keep your blood sugar stable as well as keep you feeling full longer.
- are a good source of fiber to help keep your digestive tract moving.
- make the perfect “grab and go” food, since most fruits and many vegetables, like carrots, celery, and bags of pre-washed snap peas need no preparation.
- can help build strong bones because some, like dark leafy greens, broccoli, oranges, and figs are good non-dairy sources of calcium.
- are packed with potassium, a mineral that can help control blood pressure.

Bananas, dried apricots, broccoli, sweet potatoes, white potatoes with the skins, tomatoes, oranges, tomato products, spinach, kale, and acorn squash are all rich sources of potassium.

Source: *Your Guide to Lowering Your Blood Pressure With DASH*, published by the National Heart, Lung, and Blood Institute

A lemon lesson

Lemon juice is a low-fat, low-salt, and low-calorie way to perk up soups, stews, and sauces.

A sprinkling of lemon juice can also keep apples and pears from turning brown and brighten the flavor of berries and stone fruits.

Smart Living

Avoid buying bruised produce
— bacteria love to hide in it.

get moving

WEIGHT-BEARING EXERCISE

Build muscle strength with balls and bands

Elastic bands, exercise balls, and isometric exercises can help you build strength and muscle mass.

- **By standing on one end of an elastic band and grasping the free end**, you can pull it up while you move your arm in a motion similar to curling a weight. The band should be thick enough so that you can pull it at least eight times and do two to three sets of repetitions. When you can easily complete more than 15 repetitions, move on to a thicker band.



- **Exercise balls (also called Swiss balls) work on the back and stomach muscles.** Doing sit-ups while balancing on a Swiss ball uses more muscles than doing sit-ups on a flat surface.

- **Isometrics involve pushing against an immovable object like a wall.** Pushing your elbows outward on a wall for a count of five seconds gives the back and shoulder muscles a workout similar to a push-up.

Source: *In Motion: Active Living for All Ages*, published by the American Orthopaedic Society for Sports Medicine, Fall 2009



JOINT CARE

Preventing runner's knee

A dull, aching pain in the front of the knee, runner's knee is a common injury among runners, soccer players, cyclists, and others who do activity that stresses the knees.

To protect your knees:

- **Stay at a healthy body weight** to reduce stress on your knees.
- **Always warm up** and stretch before any exercise.
- **Slowly increase the intensity of your activity.** A sudden increase often causes injury.
- **Wear properly fitting, good-quality shoes with plenty of shock absorption.** Use shoe inserts if you have flat feet.
- **Run in proper form**, leaning forward with knees bent.
- **Whenever possible**, run on an even, fairly soft surface.

Source: American Academy of Orthopaedic Surgeons

STAYING POWER

The right fuel for exercise

When it comes to exercise, food and water are just as important as the right equipment.

"Food is your inner equipment," says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center.

Two common mistakes are not eating enough — or eating too much — before a work out. If you don't have enough fuel you'll be more tired, weaker, and slower. Eat too much and you'll be uncomfortable.

Wait at least an hour after eating before you work out, and include protein and a complex carbohydrate with each meal or snack.

Source: *Sport Nutrition For Coaches*, by Leslie Bonci, MPH, RD, CSSD, Director of Sports Nutrition at the University of Pittsburgh Medical Center; Human Kinetics Press



25 minutes of vigorous house cleaning — scrubbing, mopping, or vacuuming, can burn 100 calories.

Doc Talk

POWER TO THE PATIENT

Do you have a healing relationship with your doctor?

What does it take from a doctor to create a healing relationship with his or her patients? In a recent study a group of 50 physicians and non-MD practitioners were interviewed about what things they do to build and maintain healing relationships with patients. Eight key themes were found:

1. Practice small courtesies like eye contact, smiling, and shaking hands.
2. Take time to be present, listen to, and care about patient stories.
3. Be open to the patient's suffering.
4. Find something to appreciate in every patient.
5. Remove barriers to communication, physical (like a desk) and attitudinal (like power and pride).
6. Allow the patient to explain the cause and impact of his or her illness.
7. Share authority with the patient as an expert and partner in care.
8. Create a foundation of trust — be committed to an ongoing relationship, and do what you say you'll do.

These are things I strive for myself and wish for from my personal physician. Does your doctor do what it takes? If so, give him or her some positive feedback. If not, talk with him or her about this study and your expectations. You will be giving your doctor a gift that you will both enjoy for years to come.

William J. Mayer, MD, MPH
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.



Spring forward

These steps may make it easier to adjust when the clock changes to daylight savings time on March 14.

- Each day, three or four days ahead of time, go to bed 15 minutes earlier and get up 15 minutes earlier.
- Eat dinner one hour earlier and avoid napping in the afternoon.
- If possible, expose yourself to sunlight or bright light first thing in the morning. Outdoor exercise during daylight hours will also help your body adjust.

Did you know? The number of car accidents and even heart attacks linked to loss of sleep increases sharply in the three or four days following the spring change from standard to daylight time.

Source: *New England Journal of Medicine*, Vol. 359, pg. 1966

The future of your feet

Wearing “sensible” shoes may help you avoid aching feet as you get older.

In one study of women in their sixties, those who had worn sneakers and athletic shoes more often had less pain in their heels, ankles, and lower Achilles tendons than women who had worn heels more frequently in their younger years. Pumps, sandals, and slippers may also contribute to future foot pain.

If you do wear heels occasionally, you may be able to prevent some of the ill effects by frequently stretching the back of your heels and calves to replace the motion that is lost when you put your foot in the high-heel position.

Source: *Arthritis Care & Research*, Vol. 61, pg. 1352, October 15 2009

Healthy

Timely Wellness News & Ideas

Sleep on it

Tips for mattress shopping:

- **Test the mattress in your normal sleep position.** It should feel comfortable and keep your spine in the same alignment as good standing posture. Pay attention to your shoulders, hips, and lower back, the heaviest points of the body. Although rock-hard mattresses were once thought to be preferable, medium firm is best. A too-firm mattress can force the hips and shoulders out of alignment.
- **A height of 20 to 25 inches from the floor,** including mattress and box springs, may make it easier and safer to get in and out of bed, particularly for people with chronically sore muscles or joints.

Sources: *The Better Sleep Council*; Robert Herr; *Physical Therapy Association of Washington*

Yoga and lower back pain

Practicing yoga may help ease chronic lower back pain, according to a study funded by the National Institutes of Health.

Participants who took yoga classes twice a week for two months reported they had less pain, were able to move more freely, and had fewer symptoms of depression than people in the same study who continued whatever medical therapy or treatment they had been doing.

People suffering from lower back pain often stop exercising, and their muscles become deconditioned. Yoga seems to help reverse muscle weakening because it concentrates on strengthening the core muscles in the back and stomach, which is critical for people with lower back pain.

Source: *Spine*, Vol. 34, pg. 2066

Snip-its!

Tell your friends

Only one-third of Americans know about the national recommendations to aim for a minimum of 30 minutes of exercise per day — and less than half meet that goal.

“If more people followed the recommendations, it could help reduce the rates of heart disease, diabetes, some cancers, and even some cognitive disorders,” says Duke University researcher Gary Bennett, Ph.D.

Source: *Medicine and Science in Sports and Exercise*, Vol. 41, pg. 1849

Why we love EVOO

Extra virgin olive oil (EVOO) is derived from the first pressing of the olives and has the most heart-healthy antioxidants. It also has more flavor and is extracted without the use of chemicals.

Buying olive oil in darkly tinted bottles and storing it in the refrigerator will help preserve its antioxidant benefits.

Olive oil and other monounsaturated fats like canola oil may help lower cholesterol and prevent heart disease.

Sources: *World's Healthiest Foods*, www.wbfoods.org; *Ultrametabolism*, by Mark Hyman, MD, published by Scribner

Move away from diabetes

Unfit and overweight young adults can make a detour on the road to type 2 diabetes if they change their habits early in life.

A low aerobic fitness level in the late teens and 20s may double or even triple the likelihood of developing type 2 diabetes in middle age, according to the CARDIA study (Coronary Artery Risk Development in Young Adults).

“Young adults are setting the stage for chronic diseases in middle age by not being physically active and fit,” says Mercedes Carnethon, a researcher at Northwestern University’s Feinberg School of Medicine.

Source: *Diabetes Care*, Vol. 32, pg. 1284

FISCAL FITNESS

DEALING WITH UNCERTAINTY

Should you still contribute to your 401k?

If your employer offers a 401(k), 403(b) or 457 retirement plan, you may be wondering if you should continue contributing to the plan, at least for the foreseeable future.

Unless the money you contribute could be used to build up an emergency fund that you would need to avoid dire outcomes such as losing a house, losing a car, or having the utilities shut off, it’s probably a good idea to keep contributing.

If it worries you a lot, you can contribute only the minimum required to get your employer’s match. That’s really free money that you’d lose by contributing less.

Even if your employer has reduced or eliminated a match, try to save through the existing plan or establish a Roth IRA for further contributions.

Some figures to consider when thinking about retirement:

- Experts estimate you’ll need 75% of your pre-retirement earnings. Lower income earners may need up to 90%.
- The average American retiring at age 65 can expect to spend 18 years in retirement.

Source: *National Endowment for Financial Education*



Fancy coffee drinks

Your afternoon pick-me-up could be weighing you down.

Fancy blended coffee and tea drinks at nationally known coffee chains average 239 calories, 89 more than you’re likely to find in a can of regular soda. The larger sizes may reach 750 to 860 calories.

Brewed coffee or tea, even with milk or a small amount of sugar added, averages only about 63 calories. If you do order a specialty drink, ask for non-fat milk, use a sugar substitute, and skip the whipped cream.

Source: *Preventing Chronic Diseases*, Vol. 6, No. 4, A118

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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the whole you



PUT YOUR CARDS
ON THE TABLE

How to spot the signs of problem gambling

Problem gambling often goes undiagnosed but can be linked to serious health conditions like depression, anxiety, or alcoholism. These questions may help you spot a gambling addiction in yourself or someone you love.

- Have you gambled until your last dollar is gone?
- Have you often gambled longer than you had planned?
- Have you lied about your gambling?
- Have you used your income or savings to gamble and let bills go unpaid?
- Have you made repeated attempts to stop gambling?
- Have you broken the law or considered breaking the law to get money for gambling?
- Have you borrowed money to finance your gambling?
- Have you felt depressed or suicidal because of your gambling losses?
- Have you been remorseful after gambling?
- Have you gambled to try to get money to meet your financial obligations?

Many people who seek help for problem gambling recover.
Call 1-800-522-4700 to learn more.

Source: National Problem Gambling Awareness Week, March 7-13 2010

ON THE ROAD

Drive now, talk later

When it comes to the risk for car accidents while driving, there may be no difference between using a hands-free cell phone or a hand-held cell phone.

It's not just the dialing or holding the phone; the conversation itself is a distraction, says Ross Rader of the Insurance Institute for Highway Safety.

A study at the University of Utah found that cell phone driving may even be worse than driving and drinking. Participants in the study used a simulator to drive a stretch of highway three times — once while sober, once while using a cell phone, and once with a blood alcohol level of .08. Cell phone users had more accidents (three compared to none) and longer reaction times than while driving under the influence.

Sources: Insurance Institute for Highway Safety; University of Utah

SWINGS, SLIDES,
& SEESAWS

A checklist for playground safety

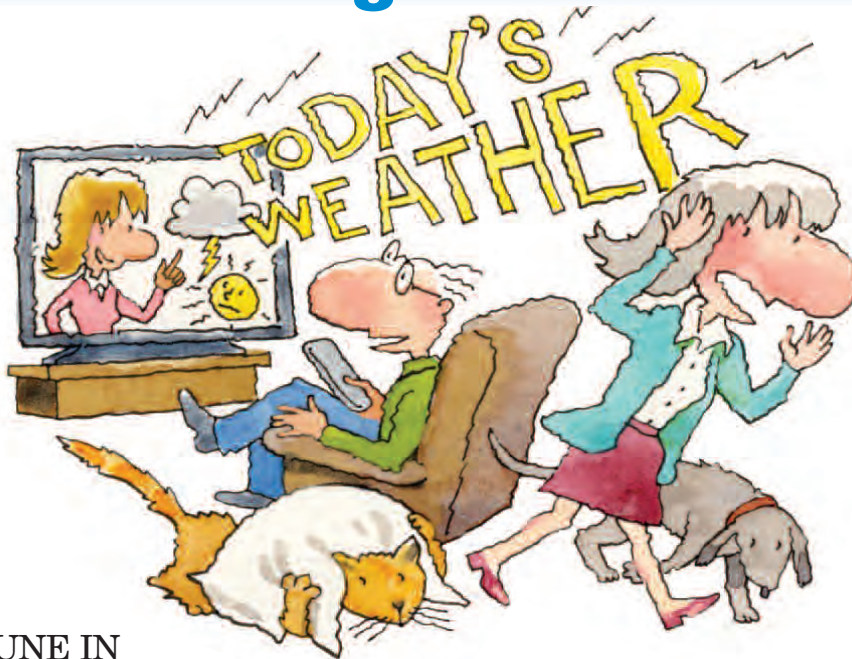
If the neighborhood playground is your child's favorite recreation spot, here's a list of safety features to check for:

- A soft ground surface such as mulch, sand, wood chips, rubber mats, or shredded tires instead of concrete, dirt, or grass.
- Swings that are set apart from other playground equipment. Soft, full-bucket seats rather than partial ones that children could slide out of are safest for toddlers.
- Slides that are firmly anchored to the ground with sturdy handrails and traction on the stairs. A bar at the top of every slide will force children to sit down.
- Seesaws that are spring-loaded, instead of adjustable seesaws with chains.
- Climbing equipment that is well-secured and has sturdy handrails and steps.

Source: U.S. National Safety Council



looking forward



TUNE IN

Coping with hearing loss

If you have a loved one who's resistant to getting a hearing aid, it may help to gently explain to the person that the problem extends to his or her entire family and friends.

Offer to go with the person for a hearing aid evaluation. Remind your loved one that he or she can always turn off a hearing aid or take it off at times when it's not needed.

These ideas can help you communicate with someone who has hearing loss:

Try to reduce background noises. Carpeting and drapes improve a room's acoustics. Turn off the television and radio before you begin a conversation. Put noisy appliances like fans in out-of-the-way places.

Whenever you talk to the person, get their attention first. Speak slowly and clearly — avoid shouting. Instead of repeating things over and over if they don't understand something, try rephrasing — using other words may be easier for the person to hear. Make sure he or she understands you before you change the subject.

Source: *Hearing Loss, Questions You Have...Answers You Need*, by Jennifer Hay, People's Medical Society

UNEXPECTED CHANGE

What to do when life throws you a curve

If an unexpected event has turned your life upside down, engage in at least one activity every day that you can control completely.

Taking up a hobby or striving for a goal that involves no one's effort but your own can help you regain a sense of power.

It may also be helpful — and more useful — to focus on where you want to be a year from now. Instead of incessantly asking questions like What went wrong? or Why did this happen to me?, view the change as a starting point, not a setback.

Source: *AdaptAbility: How to Survive Change You Didn't Ask For*, by M.J. Ryan, Broadway Books



March

Health Observances

Colorectal Cancer

Colorectal cancer can be cured in up to 90% of people when it is discovered in its early stages.

All men and women ages 50-75 should be screened by stool testing for blood (every year), flexible sigmoidoscopy (every five years), or colonoscopy (every 10 years).

People with a family history of cancer, inflammatory bowel disease, or other high-risk bowel diseases should talk to their doctor about earlier screening. To learn more, go to www.cancer.org.

Poison Prevention

Put the national poison control number 1-800-222-1222 on or near every phone in your home and program it into your cell phone.

Call poison control if you think someone has been poisoned and if they are awake and alert. Call 911 if you have a poison emergency and someone has collapsed or is not breathing. www.poisonprevention.org

Ceramics
STUDIO



HOPE HEALTH LETTER

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weight control

BASIC INSTINCTS Simple tips for permanent weight loss

- Help control hunger with the 50% variety rule — make sure that at least half of the foods in each meal or snack are low in calories and high in protein (like chicken or fish) and fiber (such as whole grains or vegetables).
- Eat at regular times so your body will learn not to expect food at other times.
- Get greater enjoyment from healthy, satisfying foods by eating them when you're hungry.
- Keep your kitchen stocked with ready-to-eat healthy foods.
- Avoid the "sights and sounds" of food to keep temptations at bay.
- Limit portion sizes and use the sandwich technique at meals: Eat small servings of moderate-calorie foods in the middle of the meal; low-calorie foods that are high in protein and fiber at the beginning and the end.

Source: *The Instinct Diet: Use Your Five Food Instincts to Lose Weight and Keep It Off*, by Susan B. Roberts, PhD, and Betty Kelly Sargent, Workman Publishing

How to cut down on your trash

1. Make recycling convenient. Put bins in your kitchen, home office, and bedrooms, and post guidelines in a prominent spot.
2. Take your own cloth or plastic bags shopping.
3. Carry a reusable water bottle.
4. Go to <http://earth911.com/electronics/> to find a location where you can recycle televisions, computers, and other electronics.
5. Make double-sided copies when you print from your computer.
6. Reuse foam packaging or take it to a shipping store.
7. Instead of discarding gently used items, give them to charity or hold a garage sale.



body, mind, & soul

“It’s hard to lead a cavalry charge if you think you look funny on a horse.”

— Adlai Stevenson

“A chip on the shoulder is often a piece of wood that fell from the head.”

— Benjamin Franklin

“Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.”

— Louis Pasteur

“Anyone with a spiritual base understands humility. When you start using the words ‘I’ and ‘me’ too often, you get into trouble.”

— Denzel Washington

“You can’t be a smart cookie if you have a crummy attitude.”

— John C. Maxwell