



# MOUNTAIN STATES

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

JUNE 2004

LESS IS MORE

## Eat less, live longer

**W**hen animals eat nutritious, calorie-restricted diets (about 30% fewer calories than normal), they are sick less, have a reduced rate of cancer, heart disease, and diabetes — and they live longer.

Researchers think that the same thing could happen in people.

### THE REAL-LIFE CHALLENGE

How do we eat a low-calorie, low-fat diet that still

provides *all* the nutrients we need to stay healthy? Without a doubt, this is much easier to do with animals than with humans.

At the least, it would require supreme willpower, vast nutritional knowledge, and very careful food choices.

### A MORE PRACTICAL APPROACH

Eat fewer unhealthy fats (e.g., saturated fat, hydrogenated vegetable oils) and less junk food (e.g., pastries, cookies, chips, candy) and more fruits and vegetables. Also get at least 30 minutes of exercise every day.

Even if we don't eat perfectly, it all helps, says one researcher.

*Source: Proceedings of the National Academy of Sciences, Vol. 93, No. 9*

HEART DISEASE...

## So preventable

**T**he vast majority of people with severe heart disease could have prevented it — or at least delayed it by many years, say researchers.

New research shows that 90% of heart disease results from four classic risk factors: smoking, diabetes, unhealthy cholesterol levels, and high blood pressure.

This is an eye-opener for many, since doctors and researchers alike had previously believed that about 50% of heart attacks were simply the result of bad genes or bad luck.

*Source: Journal of the American Medical Association, Vol. 290, Pg. 891*



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TRANS FATS...

## The facts about a very bad fat

**B**y January 1, 2006, most store-bought products will have to list their trans fat content on the labels.

**Q:** Why are trans fats being added to nutrition labels?

**A:** So people can choose foods that are lowest in these artery-damaging fats.

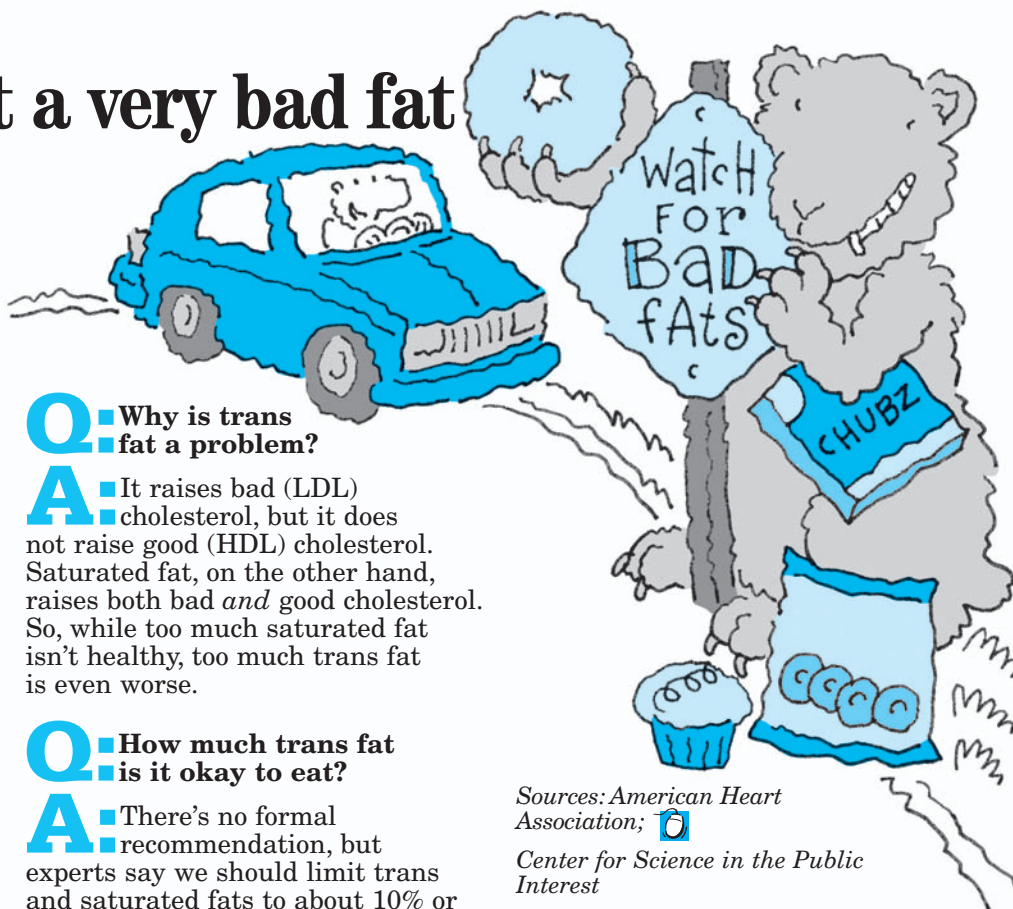
Health advocates also hope that this will motivate food manufacturers to try to lower the trans fat content of their products.

**Q:** What are trans fats and what foods are they found in?

**A:** Trans fats are formed when liquid vegetable oils are changed to solid or semi-solid fats (hydrogenation).

They're found in any food made with partially hydrogenated oils, such as packaged cookies, pastries, crackers, pies, frozen foods, margarine, and deep-fried foods.

They also occur naturally (in smaller amounts) in dairy and meat products.



**Q:** Why is trans fat a problem?

**A:** It raises bad (LDL) cholesterol, but it does not raise good (HDL) cholesterol. Saturated fat, on the other hand, raises both bad *and* good cholesterol. So, while too much saturated fat isn't healthy, too much trans fat is even worse.

**Q:** How much trans fat is it okay to eat?

**A:** There's no formal recommendation, but experts say we should limit trans and saturated fats to about 10% or less of daily calories.

If you eat 2,000 calories a day, aim for no more than about 22 grams of these two fats combined.

Sources: American Heart Association; 

Center for Science in the Public Interest

### EATING-WELL RECIPE

#### Date walnut bars

*A healthy dessert you don't have to feel guilty about eating.*

- Nonstick cooking spray
- ¾ cup whole-wheat flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ⅛ tsp. salt
- 1 large egg
- ¼ cup honey
- 2 Tbsp. canola oil
- ½ tsp. grated orange peel
- 3 Tbsp. applesauce
- ⅔ cup chopped pitted dates
- ⅓ cup chopped walnuts

Preheat oven to 350°F. Spray 8-inch baking pan with cooking spray.

In a large bowl, mix all dry ingredients together. In a small bowl, mix egg, honey, oil, orange peel, and applesauce. Stir egg mixture into dry ingredients until blended. Stir in dates and walnuts.

Spread into prepared pan. Bake until toothpick inserted in center comes out clean — about 25 minutes. Cool and cut into 16 squares.

SERVES 16. Per serving: 91 calories, 4 g fat, 14 g carbohydrate, 2 g protein, 1 g fiber, and 58 mg sodium.

Source: American Institute for Cancer Research

### ORGANIC FOODS

## Pick and choose

**Y**our budget may not allow for all organic produce, but if you want to avoid the fruits and vegetables that collect the most pesticide and chemical residues, buy these foods organic: apples, bell peppers, celery, cherries, hot peppers, imported grapes, nectarines, peaches, pears, potatoes, red raspberries, strawberries, and spinach.

Conventional fruits and vegetables that tend to be low in pesticides include: asparagus, avocados, bananas, blueberries, broccoli, Brussels sprouts, cabbage, cauliflower, eggplant, grapefruit, kiwi fruit, mangoes, okra, onions, papaya, pineapple, plantains, plums, radishes, and watermelon.

Source: The Environmental Working Group, a non-profit organization that tracks the government's records of pesticides in foods. [www.foodnews.org](http://www.foodnews.org)



HELP PREVENT SKIN CANCER BY KNOWING THESE

## Sun facts

**W**hile we all need some sunshine (15 or so minutes several times a week) so that our bodies can make vitamin D, too much sun can age our skin prematurely and cause skin cancer.

- **Most skin cancers** are caused by excessive sun exposure. And using a tanning bed is no safer than the real thing.
 

People who visit tanning salons one or more times a month increase their risk of getting melanoma — the most deadly of skin cancers — by 55%. For women who start tanning in their 20s, the risk of melanoma increases 150%.
- **Protecting your skin** during the first 18 years of life can reduce the risk of some skin cancers by up to 78%.
- **You can get a sunburn** even on a cloudy day. Up to 80% of the sun's rays can penetrate light clouds, mist, and fog. The sun's rays can also penetrate car and house windows.
- **One severe sunburn** during the first 15 years of life can double the risk of skin cancer.

- **Cataracts are also linked** to sun exposure (always wear sunglasses when you're outside).
- **Snow reflects the sun** like a mirror. Fresh snow reflects up to 95% of the sun's rays.
 

Water reflects an additional 5% of the sun's rays back on you.

Concrete reflects 10% to 12% of the sun's rays.
- **The sun's UVA rays** maintain a relatively constant intensity throughout the year. They penetrate more deeply into the skin's layers than UVB rays.
 

UVA rays contribute primarily to premature aging and wrinkling of the skin. But they can also cause sunburn and skin cancer.

Sunscreens are less effective at blocking out UVA than they are UVB. Look for sunscreens that say "broad spectrum" to get at least some UVA protection.
- **UVB rays** are stronger than UVA, and are more intense in the summer months, at higher altitudes, and closer to the equator.
 

Overexposure to UVB causes sunburns. UVB rays can also contribute to skin aging, cataracts in the eye, and skin cancer.



Sources: [www.melanoma.com](http://www.melanoma.com); Skin Cancer Foundation; National Cancer Institute



## How to burn an extra 150 calories a day\*

Activity	Minutes
Washing/waxing a car	.45 to 60
Washing windows/floors	.45 to 60
Volleyball	.45
Touch football	.30 to 45
Gardening	.30 to 45
Walking 1¾ miles	.35
Bicycling 5 miles	.30
Dancing (fast)	.30
Pushing a stroller 1.5 miles	.30
Raking leaves	.30
Walking 2 miles	.30
Water aerobics	.30
Swimming laps	.20
Basketball	.15 to 20
Jumping rope	.15
Running 1.5 miles	.15
Shoveling snow	.15
Stair-walking	.15

\*If you weigh 154 pounds. If you weigh more, you'll burn more calories in this time; if you weigh less, you'll burn fewer calories.

## What's 'brisk'?

**Y**ou can get fit by walking. But it needs to be "determined," or brisk, walking.

What's brisk? If you are just starting out, walk at a 3.5 mph pace (one mile in just over 17 minutes). Work up to a 4 mph pace (a mile in 15 minutes).

Source: Archives of Internal Medicine, Vol. 155, No. 21



# Research news

## cigarettes

♥ **Additive-free cigarettes contain no chemicals, preservatives, or reconstituted tobacco.** But they are not a safe alternative to conventional brands.

One study of the American Spirit brand of additive-free cigarettes found that they raised smokers' blood levels of nicotine more than regular filtered cigarettes.

In the same study, researchers found that the imported bidi cigarettes, though smaller and lower in tobacco content, produced blood levels of nicotine and carbon monoxide equal to or larger than amounts from regular filtered types.

Source: National Institute on Drug Abuse

## knee injuries

♥ **Women who participate in jumping and pivoting sports,** such as basketball, volleyball, and soccer are eight times more likely to rupture a knee-stabilizing ligament than are men.

The reason: weak muscles surrounding the knee.

This study points out the need for women who do jumping and pivoting sports to get specialized strength and agility training that can help prevent these knee injuries.

Source: Journal of Bone and Joint Surgery, Vol. 85-A, Pg. 782



## obesity & cancer

♥ **Not only does obesity increase the risk of diabetes and heart disease, but it also increases the risk of cancer.**

The cancers most strongly linked to excess weight in both men and women are those of the colon and rectum, liver, kidney, pancreas, esophagus, and gallbladder.

For overweight men, stomach and prostate cancer deaths were higher, and in obese women, deaths from uterine, breast, cervix, and ovarian cancers were higher than in normal-weight people.

The only cancer that has higher rates among thinner people is lung cancer — and this is because cigarette smokers tend to weigh less than nonsmokers.

Source: New England Journal of Medicine, Vol. 348, Pg. 1625

## ear infections

♥ **Putting babies to sleep on their backs** not only helps prevent sudden infant death syndrome (SIDS), but may prevent many ear infections as well.

Source: Archives of Pediatrics & Adolescent Medicine, Vol. 157, Pg. 469

## teens & blood pressure

♥ **Teenagers who have high blood pressure** — as well as those whose blood pressure rises from adolescence to adulthood — have an increased risk of developing clogged arteries as an adult, say researchers.

Blood pressure normally wouldn't be a concern in teenagers, but the epidemic of obesity in children is changing that.

Source: American Journal of Hypertension, Vol. 16, Pg. 549

## long-distance running

♥ **Running experts advise not to get any sort of physical exam or lab tests done** for at least a week after running a long distance race like a 26-mile marathon.

That's because the side effects of running this kind of distance can resemble serious health problems.

For example, occult (not visible) blood in the stool is common, but this is also a symptom of colon cancer. The muscle injury that comes with marathoning can indicate kidney and liver problems in lab tests. Creatine kinase levels can rise and mistakenly suggest heart muscle damage. And abnormal red blood cell counts are sometimes found in people with even mild dehydration.

A responsible doctor is not likely to ignore these signs and would order more invasive — and expensive — testing. For example, blood in the stool could lead to a colonoscopy.

But everything should return to normal in a week or two.

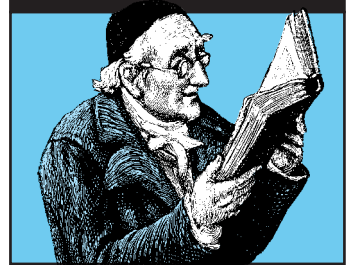
Source: American Running Association

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.

Articles written by outside contributors have not been reviewed by the Hope Health Medical Advisory Board.

FROM LEADING PUBLICATIONS AND AUTHORITIES...



## inflammation & your heart

♥ **Chronic inflammation in the body may be a major cause of many heart attacks and strokes.**

According to the "inflammation hypothesis," chronic infections in the body cause an increase in the number of white blood cells.

While these cells are helpful in fighting infection, they can also infiltrate plaque lining the artery walls. This makes the plaque unstable and more likely to rupture. Ruptured plaques can trigger blood clots — and then block blood flow in the arteries of the heart and brain, causing a heart attack or stroke.

While a cold can temporarily increase inflammation levels in the body, the real problem is long-term inflammation caused by such things as smoking, diabetes, high blood pressure, and obesity.

Chronic inflammation can also be caused by periodontal disease, H. pylori infection (the bacteria that causes most ulcers), and an untreated bacterial sexually transmitted disease like chlamydia.

Source: New England Journal of Medicine, Vol. 347, Pg. 1557



# ...you can use!

## giving blood

♥ **Blood donation is the “gift of life.”** If you are one of the few donors who feel faint or “swoony” when they give blood, try this:

Two hours beforehand, start drinking 16 to 20 ounces of water. Even better is to make that half water and half sports drink.

This builds a fluid reserve that rapidly replaces blood volume — and that helps prevent fainting.

You can also lie down for a bit afterwards. And when you get up, do it slowly.

*Source: American Heart Association's 56th Annual High Blood Pressure Research Conference*

## weight

♥ **A sure-fire way to lose weight is to eat more meals during the day, say researchers.**

People who eat more frequently during the day have almost half the chance of being obese than people who skip meals and/or eat less frequently. When you wait longer to eat, you're more likely to be “starved” and eat more than you should.

People who eat breakfast or dinner away from home also put on weight — likely because restaurants serve larger portions and fattier foods.

*Source: American Journal of Epidemiology, Vol. 158, Pg. 85*

## neck pain

♥ **When people with neck pain were given three different modes of treatment** — manual therapy (e.g., chiropractic), physical therapy (e.g., exercise), or general practitioner care (e.g., counseling, education, and drugs) — those getting the manual therapy seemed to recover the quickest.

At seven weeks of therapy, recovery rates were 68% for manual therapy, 51% for physical therapy, and 36% for general practitioner's care.

**Bottom line:** Manual therapy led to faster recovery and slightly better outcomes at one year. Costs were also lower than those of physical therapy or general practitioner care.

*Source: British Medical Journal, Vol. 326, Pg. 911*

## fish & Alzheimer's

♥ **What's good for the heart may also be good for the brain, say researchers.**

The omega-3 fats found in fatty fish and some plant foods — including walnuts and flaxseed — have been shown to help prevent heart attack and stroke.

New research suggests that eating fish rich in omega-3 fats on a regular basis (at least once a week) may also substantially reduce the risk of developing Alzheimer's.

The best sources of omega-3 fats include salmon, cod, mackerel, sole, tuna, and bluefish. Fish-oil supplements are another choice.

*Source: Archives of Neurology, Vol. 60, Pg. 940*

## CANKER SORE?

- **A canker sore** is an open sore *inside* the mouth that looks like a little crater. It's grayish-white in the middle and rimmed with bright red (inflamed) skin.
- **It can be as small as a pinhead** or as large as a quarter. It can last 10 to 14 days.
- **Canker sores** seem to be most common in women between ages 20 and 50.
- **Canker sores can be triggered** by a number of different things, including: a depressed immune system; stress; nonsteroidal anti-inflammatory drugs; sodium lauryl sulfate (in many toothpastes); hormonal changes for women; food allergies; vitamin and mineral deficiencies; and mouth injury.
- **To treat symptoms**, buy an over-the-counter medication for canker sores that contains the pain-reliever benzocaine. Follow package directions.

## HOME REMEDIES

1. **Mix one part hydrogen peroxide** and one part water. Apply it to a cotton swab and dab it onto the canker sore. After that, dab a small amount of milk of magnesia on the sore three to four times a day.
2. **Dab on small amounts** of an aloe vera-based product, such as jelly, to the sore.
3. **Mix milk of magnesia** and Benadryl liquid, swish a teaspoonful in your mouth for about a minute and then spit it out.

*Source: American Dental Association*

## It's the journey that counts

**T**wo young brothers, yearning for adventure, decided to dig a hole through to the other side of the earth. With a couple of shovels, they went to work on a small patch of grass alongside their house.

A couple of older boys walked past and noticed the youngsters knee-deep in dirt. “Hey, what are you guys doing?” asked one boy.

“We're digging down to the other side of the earth,” answered one of the brothers.

The older boys laughed at their folly. But the boys refused to give up.

They found a couple of dimes, a 1930s bottle, an old metal spring, and some unusual insects. But as night began to fall, it became clear that they were falling short of their goal.

Unbeaten, one boy remarked, “Well, maybe we can't dig through to the other side of the earth, but we sure found a lot of neat stuff!”

The youngsters had learned a simple but valuable lesson: If your goals are unrealistic, you may fail. But that shouldn't stop you from trying, for the road of unfulfilled dreams is often paved with treasures.

— Adapted from *Riches of the Heart*, by Steve Goodier, Life Support System Publishing

## Help for your migraine

**I**f you have severe, frequent headaches that you think are migraines:

- **Try to figure out** what is triggering your headaches. There are many migraine triggers, including foods, stress, changes in the sleep-wake cycle, environmental stimuli (e.g., bright lights, noise), and hormonal changes for women.

Keep a daily diary — recording things like stress levels, diet, sleep patterns, etc. You may be able to see a pattern. Share this with your doctor.

- **Try to eliminate the trigger.**

If it's a food, that's fairly simple.

But if it's something more complicated — like stress, sleep problems, or hormones — it may take more effort to control or prevent the headaches.

You may need to exercise more, and/or incorporate some behavior and relaxation therapies into your life.

- **Ask your doctor about medications** — to stop a headache once it's started or to prevent headaches altogether.

Source: National Headache Foundation 



### WHAT YOU MAY NOT KNOW ABOUT MIGRAINES

- **The most common migraine headache triggers** are certain foods (different ones for different people), stress, and changing hormones (e.g., menstruation, menopause).
- **In some people**, migraines can mimic stroke symptoms — tingling/numbness in the arms and legs and vision problems (along with a severe headache).
- **If you take a triptan drug** (e.g., Imitrex, Maxalt) for your migraines, take it at the *very first sign* of a headache. If you wait until your symptoms are full-blown, the drug may not work as well.

Source: National Headache Foundation

IS FUN TOO MUCH WORK?

## For relaxing vacations...

- **Pack ahead.** Start packing a week or so before you are scheduled to leave.
- **Limit your luggage** to one suitcase — preferably a carry-on.
- **Make to-do lists** of all your pre-vacation tasks (e.g., household and pet-care arrangements).
- **Become familiar** with your destination before you leave. Learn about the area and have an idea of what kinds of things you'd like to do and see there. This will save you precious time once you arrive.

- **If your goal is to relax** on your vacation, choose a relaxing destination.

Many people find nature — the beach or the mountains, for example — a relaxing and renewing experience. Another option is a spa vacation.

Or choose a vacation that gives you a change of pace. If your lifestyle is already laid back, choose something where you can be more active.

- **Get plenty of sleep.** Some people are tempted to try to do too much on their vacation, and sleep time gets short-changed. Remember, the idea is to come home rested.
- **Stick to a healthy diet** as much as possible.
- **Figure out a way** to work exercise into your vacation days (e.g., walking tours, hikes, renting bicycles).

Sources: Joseph Mercola, DO; Hope Heart Institute, Seattle



FOR MOTORISTS AND CYCLISTS

## Bicycling tips

**B**oth vehicle drivers and bicycle riders have responsibilities when it comes to sharing the road...

### FOR DRIVERS

- **Don't honk your horn** at cyclists. It could startle them, and they could lose control of their bike.
- **Look to the right** and to the rear when changing lanes or turning right. That's where bicyclists are most likely to be.

Also, let a biker pass you by before making a turn. Always yield to a biker.

- **Be careful** when opening your car door. Many cyclists are injured when they run into a suddenly opened car door.

### FOR BICYCLISTS...

- **Always wear a helmet** — your most important piece of safety equipment. Also wear reflective clothing if you bike during dusk, dawn, or at night.
- **Don't hug the curb.**

This might sound illogical, but experts say that cyclists need to be where motorists can see them.



Cyclists tend to be *less* visible if they hug the curb.

- **Ride straight** and ride in a predictable fashion.
- **Obey traffic laws** — the same traffic laws as motorists. Always ride with traffic, not against it.
- **Know the potential hazards** on your route. Most cyclist injuries are the result of collisions with objects — both moving and stationary.
- **Practice defensive riding.** Most drivers are courteous, but a few are not.

Source: *Family Safety & Health*, Vol. 62, No. 2

### SLEEPY DRIVERS

**T**he highest number of single-vehicle accidents — many caused by sleepy drivers — occurs during the wee hours of 1 and 4 a.m.

That time period corresponds to a major low point in our circadian cycle, during which we have an irresistible urge to sleep.

People often have what is called a microsleep — where they fall asleep for only several seconds. But a car traveling at 30 mph can travel 440 feet in just 10 seconds — easily enough distance to put you into the path of oncoming traffic or a power pole.

Source: *Sleep Thieves*, by Stanley Coren, neuropsychologist and sleep researcher, University of British Columbia



TIPS FOR PARENTS

## IF YOUR CHILD IS OVERWEIGHT

1. **Don't put your child on a crash diet.** In fact, don't put them on a diet at all.

Aim for permanent changes in food habits and a gradual weight loss of a half-pound to a pound a week.

2. **Focus on health rather than weight.** Feeling better and more energetic should be the goal. Weight loss will follow.

3. **Don't use food as a reward** — or punishment.

4. **Don't forbid any food.**

Even high-fat, high-sugar junk foods can have a place in a healthy diet — as long as they're eaten in moderation.



5. **Make the "food decisions"** in your household. Don't let your kids dictate what you buy and prepare.

6. **Watch portion sizes.** The recommended serving sizes are smaller than you think.

7. **Limit soda and juice.**

Encourage eating whole fruit instead of juice — most of the time. When you do buy fruit juice, though, make sure it's 100% juice.

Limit fast-food outings as well.

8. **Encourage activity** in your family. Be a good "exercise role model" yourself. Plan family activities that give everyone some exercise.

9. **Limit TV and computer time** to less than two hours a day.

Source: *National Institute of Digestive, Diabetes and Kidney Diseases*

## this 'n' that

### Winners, losers

A winner says, "It may be difficult, but it's possible."

A loser says, "It may be possible, but it's too difficult."

— Unknown

### Father's Day

“When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around.

“But when I got to be 21, I was astonished at how much the old man had learned in seven years.”

— Mark Twain

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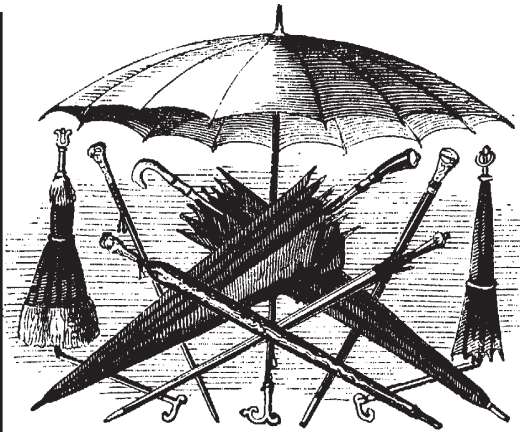
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### During a thunderstorm...

#### THE SAFEST PLACES TO BE:

- **Large structures** with plumbing and electrical wiring (houses, schools, office buildings)
- **Fully enclosed** metal vehicles

#### THE MOST DANGEROUS PLACES TO BE:

- **Open fields** and playgrounds
- **Open structures** such as gazebos, baseball dugouts, and golf carts
- **Near towers**, flagpoles, or tall trees
- **On or near water**

Source: *Annals of Emergency Medicine*, Vol. 39, Pg. 660

## body, mind, & soul

“One sprinkles the most sugar where the tart is burnt.”

— Dutch proverb

“All it takes to make a good idea generate steam is a person who can get all fired up over it.”

— O.A. Battista

“To live happily with other people one should ask of them only what they can give.”

— Tristan Bernard

“No man is a failure who is enjoying life.”

— William Feather

“Never eat anything whose listed ingredients cover more than one-third of the package.”

— Joseph Leonard

“Adversity causes some men to break; others to break records.”

— William Arthur Ward



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