

HealthyLife[®]

LETTER



Good Health, Great Life

SEPTEMBER
2019

GET MORE OF THESE 4

The 2015-2020 Dietary Guidelines for Americans state that four nutrients are a “public health concern.” Many people are not getting enough:

- Calcium
- Fiber
- Potassium
- Vitamin D

Try these tips to get more:

1. Eat more vegetables, fruits and legumes. These foods are rich sources of fiber and potassium. High-fiber bran cereal and shredded wheat also pack a fiber punch.
2. Eat more yogurt and drink milk. Both are good sources of calcium, potassium and vitamin D. Avoid sweetened yogurt. Instead, buy plain yogurt and add fresh fruit.
3. Eat seafood that's high in vitamin D. This includes salmon, trout, whitefish, herring and tuna. Pregnant and nursing women should ask a doctor how much seafood they can eat.
4. Consider healthy foods that have vitamin D added, like soy milk, orange juice, dairy products and cereals.

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Eating right with gout

Gout is a type of arthritis. It can develop if a person has high levels of a substance called uric acid in their blood. Uric acid can form sharp crystals in the joints. This can cause severe pain, redness, warmth and swelling. Gout often affects the big toe, but it can affect other joints.

Sometimes gout doesn't cause any pain for a while. Then, a person may get severe pain in the affected joint. This is called a gout attack. When a gout attack happens, uric acid levels go up or the crystals in the joint cause irritation. A gout attack is very painful.

In addition to pain, gout can cause heart problems. People who have gout may be more likely to have heart failure, a heart attack or stroke.

Eating certain foods can help keep uric acid levels low. This can help a person prevent gout attacks.

WHAT TO EAT WITH GOUT

If you have gout, you may want to eat more of the following foods:



Leafy green vegetables



Other green vegetables like green beans and peas



Legumes like beans and lentils



Tofu



Low-fat or fat-free milk and dairy products



Whole grain breads and cereals



Vegetable oils like olive oil



Coffee (if you already drink it)



Citrus fruits like grapefruit and oranges



Pineapple



Strawberries



Cherries

SKIP THESE FOODS & DRINKS

Certain foods and beverages can trigger gout attacks. Avoid the following:

- Beer (alcoholic and non-alcoholic)
- Alcoholic drinks
- Soda, fruit juice, and foods with high-fructose corn syrup
- Organ meats like liver and sweetbreads
- Cold water fish like tuna, salmon and trout
- Shellfish like mussels, scallops, squid, shrimp, oysters, crab and lobster



Eating a healthy diet is a great way to manage gout and help avoid attacks. It also helps to get regular exercise. Be sure to see your doctor as recommended. Your doctor may prescribe gout medication if needed and will discuss your heart disease risk.

In addition, drink at least eight glasses of water a day.

Sources: American Heart Association, Arthritis Foundation

Sepsis:

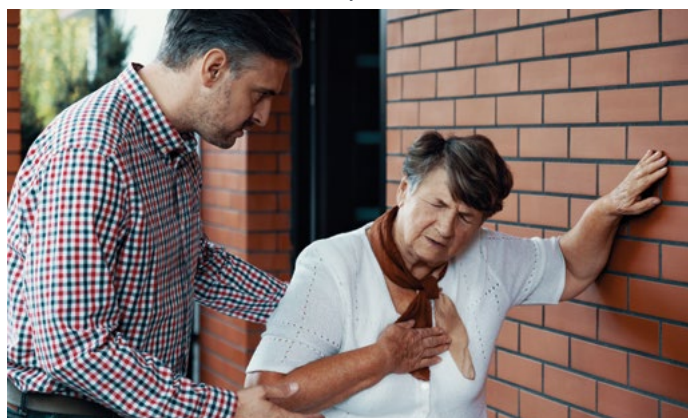
Spot it, save a life



Sepsis can happen when a person has an infection like pneumonia, an infected cut in the skin or a urinary tract infection. Then, the body's immune system releases a strong response that can get out of control. This immune response is so powerful that it can damage the body's organs and cause blood clots.

Sepsis can cause blood pressure to get extremely low and heart rate to get faster. This can trigger septic shock. With septic shock, the body becomes starved for blood and oxygen. It is a life-threatening emergency.

Most who get an infection will not get sepsis. But experts don't know why some people get it and others don't. It seems to affect older adults, babies and young children the most. People who have a weakened immune system or a long-term illness like diabetes, liver disease or cancer are also more likely to get it.



SPOT SEPSIS SIGNS

Sepsis can be hard to spot. At first, symptoms may look like a mild illness. Sometimes a person has an infection and doesn't know it. Signs include:

- Fever or a low body temperature
- Chills
- Fast heartbeat
- Trouble breathing or fast breathing
- Blotchy skin or rash
- Being confused
- Feeling faint or lightheaded

Even if you don't have an infection, or don't think you have one, ask yourself:

- Was I recently around someone who was ill?
- Did I recently have surgery or a medical procedure?
- Do I have any cuts or breaks in the skin?



GETTING TREATMENT

If you think a person might have sepsis, it's important to get them medical care right away. Doctors will look at symptoms and may order blood tests. Sometimes other tests, like an x-ray or CT scan, may be needed.



Sepsis is serious, so doctors often treat it in the Intensive Care Unit (ICU) of a hospital. Treatment usually includes antibiotics and getting fluids.

Fortunately, most people who recover from sepsis often continue to have a normal, healthy life.

The skinny on processed foods

White bread, packaged cookies and turkey bacon. What do these foods have in common? They are all processed foods.



Processed food is the opposite of “whole food,” or food in its natural state.



WHAT DOES “PROCESSED FOODS” MEAN?

It means the food has been changed from its natural state. White bread, for instance, may contain wheat flour that has been bleached and stripped of some of its nutrients.

Packaged cookies may have bleached and stripped flour in addition to added sweeteners, artificial colors, preservatives and flavors. Turkey bacon is cured, processed and packaged.



NOT ALL PROCESSED FOODS ARE BAD

There is a difference between foods that are minimally processed and “junk foods.” Frozen vegetables, for instance, may be considered “minimally processed.” They are not quite the same as picking the vegetables right from a garden. But if they don’t have added sugar or salt, frozen vegetables are a very healthy option.

In addition, some foods that are considered “processed” can help people eat better. Canned fruit (without added sugar) or bagged salads are a convenient option for many people. They eliminate the extra work of gathering the food, washing it and cutting it.



SUGAR & SALT OVERLOAD

Many processed “junk” foods contain too much added sugar or salt. Also, they may have little to no fiber or vitamins.

Processed foods, including crackers and packaged snacks, are a major reason that people get too much sodium in their diets. Too much sodium raises the risk of high blood pressure and heart disease.

Many processed foods also contain added sugars. The American Heart Association says we should limit added sugars to 6 teaspoons a day for women and 9 teaspoons for men. One 12-ounce soda exceeds that amount. Too much added sugar increases risk for type 2 diabetes and heart disease.

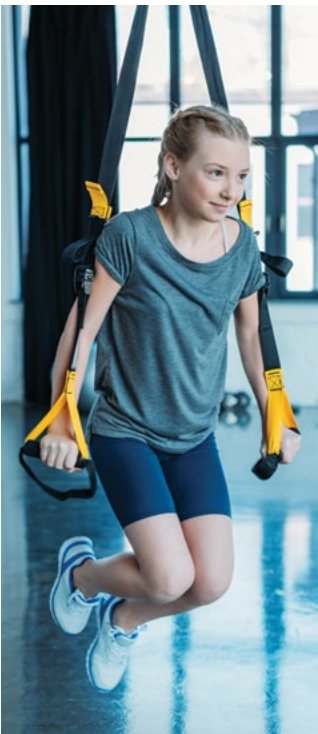


PROCESSED = WEIGHT GAIN?

A recent study by the National Institutes of Health suggests that processed foods can cause weight gain. Participants who were given processed foods ate about 500 calories more per day than people who ate unprocessed foods. They also gained weight, while the people who ate unprocessed foods lost weight. You don’t have to cut all processed foods out of your diet. But cutting back on them — and eating more whole foods — will help you work toward a healthier weight.

Kids, puberty & sports

Sports can be a great way for kids to develop social skills, teamwork and resilience. But it's important to know that athletic ability changes as kids grow.



GROWTH AFFECTS PERFORMANCE

During puberty, boys and girls have a growth spurt that can change their athletic ability. After going through puberty:

- Boys may notice more muscle strength and overall bigger body size.
- Girls often lose some muscle mass. They may temporarily lose some of their speed or agility.
- Kids could feel “clumsy” as they adjust to being taller. The brain hasn’t yet adjusted to this new height and may affect balance skills or body control.
- It may be harder to throw or hit a ball with longer arms.
- Girls may have headaches, mood swings or cramps during menstruation.

PUBERTY & KNEE INJURIES

As kids get taller and heavier, they have a higher risk of anterior cruciate ligament (ACL) injury. The ACL is an important ligament that supports the knee.

ACL injuries can be serious. They may require surgery and can increase the risk of knee arthritis later in life.

Most ACL injuries happen when a person suddenly stops, changes direction, jumps or lands on the ground. They don’t usually happen from a blow to the knee. Sometimes an ACL injury causes a “popping” sound as it occurs.


ACL injuries may cause swelling, severe pain, and inability to put weight on the knee. If your child injures their knee, see a doctor right away.



POSITIVE SUPPORT IS KEY

Coaches who know about the effects of puberty can help kids. In addition, parents can help their kids by being positive and supportive. Yelling at kids or being put down may cause them to quit their sport. Remember that changes caused by puberty are only temporary.

Do cell phones *cause cancer?*

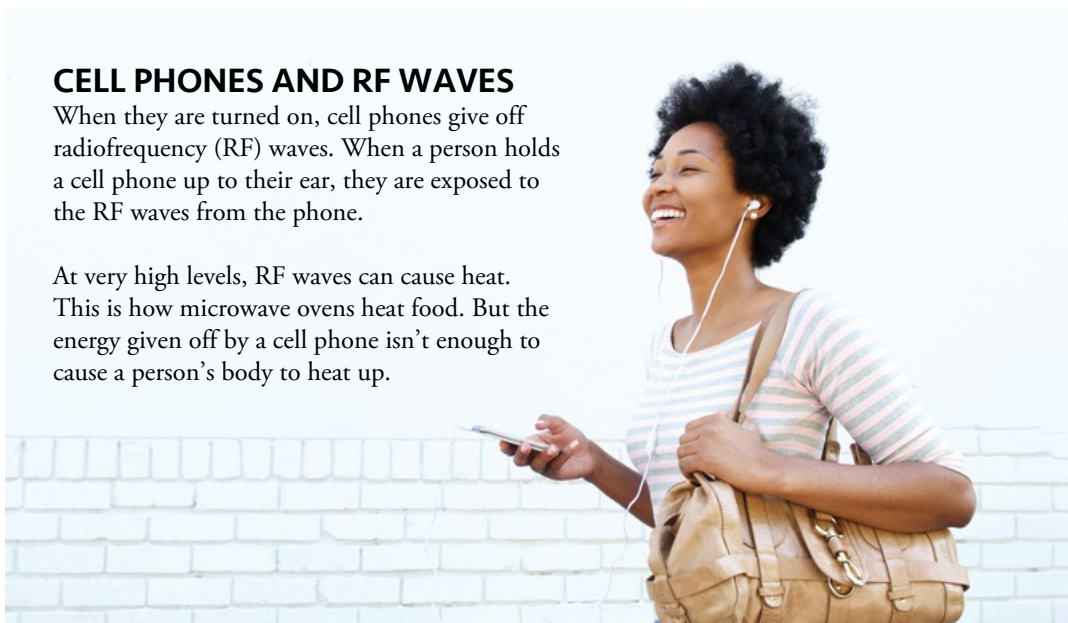


Many people have their phones in pockets or purses all the time. Is this safe?

CELL PHONES AND RF WAVES

When they are turned on, cell phones give off radiofrequency (RF) waves. When a person holds a cell phone up to their ear, they are exposed to the RF waves from the phone.

At very high levels, RF waves can cause heat. This is how microwave ovens heat food. But the energy given off by a cell phone isn't enough to cause a person's body to heat up.



MOST STUDIES SAY "NO"

Studies on rats have found that exposing their entire bodies to RF waves for long periods of time may increase the risk of a certain type of tumor. The levels used in this study were much higher than what a person would experience from normal everyday cell phone use.

Most studies on humans have found that people who have brain tumors do not use cell phones more than people who don't have tumors. Other human studies have found that brain tumors don't happen more on the side of the head where people hold their cell phones. Both results seem to suggest that cell phones do not cause brain tumors.

But a few studies have found an increased tumor risk on the side of the head where a person usually holds their cell phone.

Researchers believe we need more studies to find out for sure whether cell phones could be linked to cancer.

WHAT SHOULD I DO?

The American Cancer Society says RF waves are not as strong as different types of radiation like x-rays and UV light. X-rays and UV light can damage DNA. RF waves from cell phones are much weaker and don't cause DNA damage. This means they would not make changes that could cause a tumor to form.

But, if you want to avoid exposure to RF waves, you can:

- Keep your phone away from your body. Don't keep it in your pocket when it's turned on.
- Use the speaker function or an earpiece when talking on the phone.





3 “S”s

to close the deal on a car

1

SEE

See what you agreed to. Look at all the paperwork for the loan documents. Check the annual percentage rate (APR), which is the cost of your loan interest measured by a yearly rate. Look at the finance charges, which includes the total amount of interest and certain fees you'll pay.

2

SAY NO

Say no if you're not comfortable. If you are unhappy with the loan conditions or the vehicle, don't feel forced into it. You can always leave without finishing the deal if you change your mind. If you're not sure, tell them you need more time to think about it. Dealers cannot force you to sign the loan.

3

SIGN

Sign all the blanks. Before you drive away with your new vehicle, make sure both you and the dealer have signed everything in the loan papers. All blanks should be filled in. You should also get a copy of all the paperwork on the spot.



Dating after divorce

If you're a divorced parent with kids, you may be wondering how to handle future relationships. Kids often need some time to adjust to their parents' separation.



IF YOU'RE READY TO BEGIN A NEW ROMANTIC RELATIONSHIP AFTER A DIVORCE, KEEP THESE TIPS IN MIND:

- Consider waiting at least six months to help kids adjust to the divorce.
- Your child doesn't need to meet everyone you date. Introduce them only if your relationship is becoming serious.
- Prepare for the first meeting with your significant other and child. Don't expect the first meeting to be perfect.
- Help your child deal with negative feelings. Children often hold out hope that their parents will get back together. Seeing a new significant other in your life can be difficult for them. Be sure to tell them that you and your ex-spouse are not getting back together, but that you still love them and will be their parents no matter what.
- Understand if your child simply doesn't like your new partner as much as their other parent. This is normal. With time, your child may develop their own special relationship with this person.
- Don't ask them to keep secrets from their other parent. If you are dating, you may need to tell your ex-spouse about the person in case your child brings it up with them. Your child should not feel uncomfortable when they talk about it with your ex-spouse.
- Remember that your child is always watching. Be cautious about your behavior in front of your child, whether it's public affection or things you say.

Source: American Academy of Pediatrics