

SMART Health

APRIL 2019

3 Exercise Claims You Can Ignore

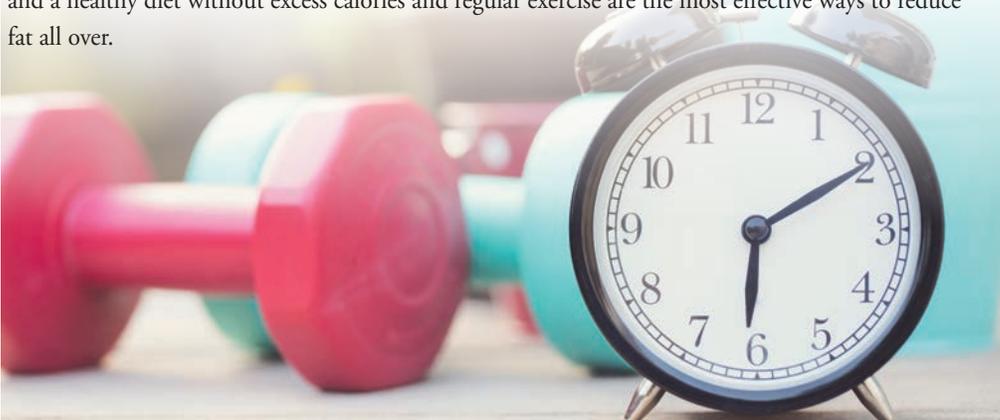
Regular exercise is 1 of the best things you can do for your health. So don't let these common exercise myths sabotage your workout goals.

Myth: There's no point in exercising if you don't have time for a full workout.

FACT: You need about 150 minutes of moderate-intensity physical activity a week. Pushed for time? The NIH says simply working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.

Myth: Skip weight lifting because you'll bulk up and gain weight. **FACT:** Lifting weights 2 or 3 days a week won't build bulk — but will help build strong muscles. It takes intense strength training, combined with certain genes, to build large muscles. If you don't like weight lifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles, according to the NIH.

Myth: Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises to lose the fat. **FACT:** You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab — and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.



BEST bits

■ **Alcohol Awareness Month focuses on the risks of alcohol use and alcoholism.**

Every year thousands of kids die from alcohol-related accidents before they reach age 21. People ages 12 to 20 drink 11% of all alcohol consumed in the U.S. and more than 90% of it is consumed through binge drinking. Be aware that mixing alcohol with energy drinks is a popular practice among kids. Learn more at MADD.org.

■ **IBS Month focuses on irritable bowel syndrome, an ongoing condition**

of the digestive tract that causes bouts of gastrointestinal pain and cramping, bloating, diarrhea and/or constipation. Symptoms may go from severe to minor, stop altogether or recur. The cause is unclear but may involve intestinal muscle contractions, the nervous system, immune system and changes in gut bacteria. IBS is more common in those under age 50 with a family history and ongoing mental health issues. See your health care provider if you have frequent disabling diarrhea or constipation, bloating or abdominal pain with or without weight loss.

■ **Donate Life Month celebrates Americans who helped save lives**

through the gift of donation and encourages others to register as organ, eye and tissue donors. Your donation helps provide comfort and wellness as it turns one's sorrow into hope and renewed life. Learn more at donatelife.net.



“Concentration is the ability to think about absolutely nothing when it is absolutely necessary.”
— Ray Knight



Mind Your PLATE

For weight control, it's commonly suggested to cut down the size of your meal by eating on a small salad plate instead of a large dinner plate. Recent research suggests this may not be the case. In fact, bigger plates accommodate larger portions of vegetables, which are essential to healthy eating. The food you put on your plate is more important than the size of the plate.

“I never dreamed about success. I worked for it.”
— Estée Lauder

eating smart

Tricks for Better Eating

By Cara Rosenbloom, RD

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve.



Make vegetables and fruit convenient. If you open the fridge and the first things you see are carrot and cucumber sticks, there's a good chance those are the snacks you will choose. And if you have a cookie jar on your counter, replace it with a bowl of fruit. It's better to pick an apple or banana instead of cookies, and that's more likely if fruit is the first thing you see.

Always shop on a full stomach. Why? If you shop hungry, you're more likely to grab something convenient to munch on, such as ultra-processed chips or a chocolate bar. And you're also more likely to make more impulse purchases (food you don't need, but crave in the moment) and spend more money than you planned. Instead, shop with a grocery list and try to stick to it.

Skip the distractions. People tend to eat more when paying attention to a computer, TV screen or tablet, instead of focusing on food. Dine without electronics and pay attention to every delicious bite. Focusing just on your food is also linked to being less hungry later on, because your memory reminds you of your previous meal.

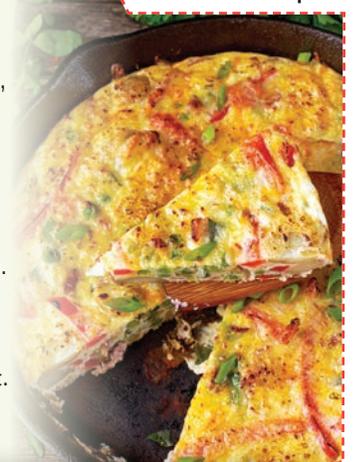
Set realistic expectations. While pictures of beautiful food and glamorous people on social media can be aspirational, they can also make us feel inadequate. Instead of inspiration from models and chefs, fill your social media feeds with more realistic lifestyles. It's better for your self-esteem.

Springtime Frittata

- 8 eggs
- ½ cup water or milk
- 2 tbsp chopped fresh chives
- ⅛ tsp each salt and pepper
- 1 tbsp olive oil
- 1 cup chopped asparagus
- 1 red pepper, chopped
- ½ cup shredded cheddar cheese

Preheat oven to 350°F. **In** a medium bowl, whisk together eggs, water or milk, chives, salt and pepper. **Add** olive oil to an oven-proof pan or cast iron skillet set over medium heat. **Add** asparagus and red pepper and cook, stirring frequently, about 5 minutes. **Add** egg mixture to pan. **Cook** 5 to 7 minutes until eggs begin to set. **Top** with cheese and place in oven for 15 to 17 minutes or until eggs are set. **Cut** into wedges and serve with salad.

EASY recipe



Makes 6 servings. Per serving:

166 calories | 12g protein | 12g total fat | 4g saturated fat | 5g mono fat
3g poly fat | 3g carbohydrate | 1g sugar | 1g fiber | 205mg sodium

Living with a Chronic Condition

Having a chronic health condition can affect many aspects of your life. So how can you work a full-time job, pursue a career, care for family, and enjoy it all in the process?

Once diagnosed with a chronic illness,

such as diabetes type 1 and type 2, heart failure, chronic pain or other ongoing illnesses or disabilities, put your health first.

Learn all you can about your condition.

Ask your health care provider specific questions, including how to control or reverse your symptoms. Have your provider help coordinate your various treatments and overall care, and keep a record of them.

What about work? Depending on the severity of your condition, you may want to tell your supervisor and certain coworkers; their awareness could ease your stress and provide support when you need it.

Know your limitations. Pushing yourself too hard can result in poor-quality work and health risks. Ask about your employer's family and medical leave policies should you need additional time off.

Fit treatment into your daily life. Proper self-care, stress relief, exercise and diet are crucial. Make sure those close to you understand your condition and your needs (including their patience). Stay connected with them.

Identify priorities. Learn to spot what is or isn't a must-do. Avoid feeling guilty if your health sometimes limits your time and energy.

Exhaustion and depression are familiar to people with chronic conditions.

But remember: You're not alone — many Americans are coping with these challenges. Consider joining an in-person or online support group for your condition.



How does exercise boost energy? Scientists believe exercise stimulates mitochondria inside your cells to help convert nutrients into energy, and the more you exercise the more mitochondria you produce. **Note:** If you're new to regular physical activity, start with moderate-intensity exercise, such as walking.

Taking Kids to Work the Right Way

April 25 is Take Our Daughters and Sons to Work Day.

More than 37 million Americans at more than 3.5 million workplaces will participate.

Some parents schedule a tour of their workplace for their children.

Tips for taking your kids to work for a successful visit:

Plan the day ahead of time. Ask what your child wants to learn about, based on their interests.

If your child isn't interested, don't force a workplace visit. Many kids simply don't want to follow in the footsteps of their parents. If your child is interested in another career path, ask a friend or family member in that profession to give your youngster a workplace tour.

Lay out ground rules. Be specific about where you want your kids to be in your workplace and exactly what is expected of them, so you won't lose track of each other. Consider a reward for good behavior.

Good to know: The Take Our Daughters and Sons to Work Foundation says youngsters between ages 8 and 18 benefit most from visiting mom or dad's workplace.



“Creative people do not see things for what they are; they see them for what they can be.”

— Julie Israel



 **Saturday, April 27, is National Prescription Drug Take Back Day.**



Join millions of Americans who will safely dispose of unwanted prescription drugs at about 6,000 sites across the U.S. The Take Back program is sponsored by the Drug Enforcement Administration. Visit takebackday.dea.gov to learn more, including other disposal sites if you miss the Take Back Day. Watch for another Take Back Day in October.

“Impossible is for the unwilling.”

— John Keats

Facts About Testicular Cancer

Although rare, testicular cancer is the most frequently diagnosed malignancy in American males between the ages of 15 and 34, according to the National Cancer Institute. It usually begins in sperm-making cells in the testicles, which are in the scrotum.

These factors are known to raise the risk of testicular cancer:

- ◆ Being white (white males have a 4 to 5 times higher risk than African Americans and Asian Americans).
- ◆ A personal or family history of testicular cancer.
- ◆ Cryptorchidism (undescended testicle).
- ◆ An abnormally small testicle.
- ◆ Testicular carcinoma in situ (CIS) — abnormal cells that usually remain where they first formed but can possibly become cancerous in the future.
- ◆ Klinefelter syndrome, a genetic disorder with various physical abnormalities, including small testicles.



However, most men and boys with testicular cancer have no known risk factors. There's no routine screening test for early detection of testicular cancer, either. Sometimes, it's discovered during a physical exam, although it's usually found by chance or self-exam.

Stay alert to possible signs of testicular cancer. Contact your health care provider if you note pain, swelling or lumps in a testicle, especially if these symptoms are severe or last longer than 2 weeks.

Good news: Testicular cancer is almost always curable, even at later stages. But if found early, it's easier to treat and may require less-invasive therapies.

EXPERT advice

Q: Bladder control tips?

A: An overactive bladder produces a strong urge to go. People with this condition — also known as urge incontinence — may lose urine before making it to the bathroom. Tips for better bladder control:

Reduce bladder irritants. Cut back on caffeine to calm the bladder. Limit alcoholic beverages to 1 drink or less a day. If you smoke, ask your health



care provider how to quit, since nicotine inflames the bladder lining.

Drink water, but not too much. Inadequate water intake concentrates the urine, making

it more irritating to the bladder. But drinking lots of water all at once is hard for the bladder to handle. **The solution?** Take small sips of water throughout the day. The urine looks light yellow when you're drinking enough.

Strengthen pelvic muscles. Kegel exercises tone the pelvic floor muscles needed to support the bladder. Learn how to do them at nafc.org/kegel.

— Elizabeth Smoots, MD, FAAFP

Is Anxiety Holding You Back?

By Eric Endlich, PhD

Anxiety has its pros and cons. Occasional anxiety can help push us to address our problems. However, persistent anxiety can hurt our quality of life, career and health, sometimes leading to panic attacks, insomnia, depression or substance abuse. Anxiety can revolve around specific issues (such as the fear of social events) or be more vague and generalized. However, certain distorted thought patterns are common:

Expecting the worst. People with anxiety often think that negative outcomes will be more likely to happen and more severe than the facts would predict.

Underestimating personal resources. Anxious people often think they are less capable than they are of dealing with difficult situations. They may label themselves as incompetent. They tend to have unrealistic standards or discount their positive qualities.

Using emotional reasoning. Chronically anxious people tend to think, “If I feel this way then there must be a good reason for it.” Anxious feelings are seen as true reflections of reality instead of mere sensations.

If chronic anxiety is interfering with your life, or preventing you from making it better, share your concerns with your health care provider. They can rule out any medical conditions that may be contributing to anxiety and refer you for professional help.



 In the 1950s, almost all American kids got measles — and some died. Today, measles, whooping cough and other potentially serious illnesses are rarely seen thanks to vaccines. **National Infant Immunization Week, April 20 to 27,** highlights the importance of vaccinating children, age 2 and younger, to protect them from 14 vaccine-preventable illnesses.



“Happiness is letting go of what you think your life is supposed to look like and enjoying it for everything that it is.”

— Mandy Hale

EXPERT advice

Q: What is autism?

A: Autism spectrum disorder is a developmental disorder that may be diagnosed at any age. Autism runs in families, so it’s probably at least partly inherited. It is diagnosed more often in boys. Some individuals have intellectual impairment, while others are highly intelligent.

Symptoms may include:

- Repeating words or actions (e.g., echoing speech, rocking).
- Trouble handling changes or transitions.
- Increased or decreased sensory sensitivity (e.g., disliking certain fabrics or food textures).

- Intense focus on certain objects or topics.
- Limited eye contact.
- Difficulty engaging in back-and-forth conversation.

There are many medications and therapies to address the symptoms, but there is no cure for autism. On the plus side, certain

autistic traits, such as attention to detail and high tolerance for routine, can be assets at work, and some employers have begun actively recruiting adults on the spectrum.

— Eric Endlich, PhD



**CONSUMER
Protection 101**



When it comes to finance, consumers have certain responsibilities, such as spending and investing wisely. They are also responsible for carefully examining products and avoiding falling victim to scams.

However, constantly being on the lookout for problems is easier said than done. Sometimes it is impossible for consumers to get all the information regarding a product. Fortunately, we have the Federal Trade Commission, which is responsible for protecting consumers in the U.S. In addition, there are organizations that protect consumers by topic, such as the Consumer Financial Protection Bureau, which guarantees that banks, lenders and other financial companies treat people fairly. States also have agencies.

Federal and state agencies provide many services, including:

- 1 Educating consumers about product safety.
- 2 Educating consumers about their rights.
- 3 Providing material explaining consumer protection laws.
- 4 Investigating consumer complaints.
- 5 Enforcing consumer protection laws.
- 6 Licensing and regulating professions (real estate, insurance agents, cosmetology).

Find your state's contact information at usa.gov/state-consumer.

Concussion Update



April is Youth Sports Safety Month.

To prevent concussions in youth sports, traumatic brain injury (TBI) training laws were enacted in 2010. The CDC recently issued new treatment guidelines for mild TBIs or concussions. Parents can do their part by taking these actions:

Recognize concussion symptoms. Your child may show 1 or more of these symptoms:

- Headache or pressure in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Feeling sluggish, hazy, foggy or groggy.
- Confusion, or concentration or memory problems.
- Change in sleep patterns.

Observe your child after every bump to the head.

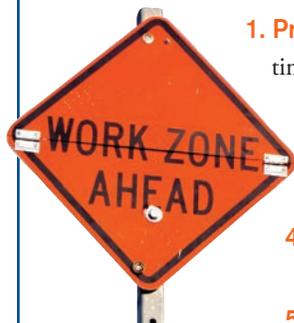
Call your pediatrician if your child gets anything beyond a minor head bump or if your child complains of the symptoms listed at left. Pull your child out of the action if they show any of these signs.

Follow your health care provider's advice about what activities your child should engage in and when they can return to normal activities.



WORK ZONES: Take Note

Roadside construction zones are key to improving road conditions. However, the disruption in traffic patterns, detours and other construction activities can result in crashes, injuries and fatalities. Construction zone safety is everyone's responsibility, and if you are the driver, follow these rules:



National Work Zone Awareness Week is April 8-12.

1. **Prepare for construction** by checking routes ahead of time and allowing more time for travel.
2. **Obey road crews**, signs and work zone speed limits.
3. **Turn on your headlights**; use 4-way flashers if stopped or going slowly (state laws may vary).
4. **Expect the unexpected**. New traffic patterns, work crews and vehicles backing up are all part of roadside work.
5. **Give your full attention to the road**. Put down your cell phone and avoid any other distraction.
6. **Pay attention to other drivers**. Keep your distance and be patient. People may drive more cautiously and slowly in a work zone.

CANCER: Risks You Can Control

Cancer refers to many related diseases. It occurs when abnormal cells divide and invade the tissues in your body without control. Normally, as your cells age or become damaged, they die and new cells take their place. This process can fail during cell division or because of damage to your DNA caused by environmental exposures and ultimately lead to cancer.

Because of its complexity, cancer is hard to predict. But there are many cancer risks that we may control and behaviors that can protect us from getting sick.

Here is a summary of steps you can take now to fight cancer:

Routine screening. Early detection through regular tests can lead to early treatment, when it's likely to work best, and potentially prevent or reduce complications, or save your life.

Discuss these cancer screenings with your health care provider, based on your age, gender, medical history and other factors.

WOMEN:

Cervical cancer: Pap test.

Breast cancer: mammogram.

MEN:

Prostate cancer: Discuss PSA and digital rectal exam with your health care provider.

EVERYONE:

Colorectal cancer: fecal occult blood testing, fecal DNA test, sigmoidoscopy or colonoscopy.

Skin cancer: regular office check.

Lung cancer: X-ray for those at high risk.

Risk awareness. You can reduce your risk of getting cancer by making healthy choices throughout your life. Here are some preventable factors:

- ❖ **The No. 1 cause of cancer deaths is lung cancer,** primarily due to smoking, which can also cause cancer almost anywhere in your body.
- ❖ **Obesity and excess body fat are linked to 11 forms of cancer;** it's considered the second leading risk factor for cancer after smoking.
- ❖ **Drinking alcohol raises your risk of getting 6 kinds of cancer:** larynx, esophagus, liver, colon, rectum and female breast. The more you drink, the higher your cancer risk.

- ❖ **Excess sunlight raises your risk for deadly skin cancer (melanoma),** which has been increasing slightly during the past 10 years.

Vaccines. The human papillomavirus (HPV) vaccine helps prevent many cervical cancers and several other kinds of cancer. The hepatitis B vaccine can help lower liver cancer risk.

Regular health care. Your health care provider is your first step to better health and can advise you about 1 screening routines and vaccines and 2 specific risks, such as quitting smoking, losing excess weight, eating well and any inherited risks.

These behaviors count. Our individual efforts are helping to continually lower the overall incidence and cancer death rates in the U.S. Major reasons for the decline are increased use of early detection, as well as our personal preventive measures, such as declining use of tobacco, reduced exposure to second-hand smoke and increased sun protection.

April is Cancer Month.



There are more than 100 kinds of cancer. To learn more, visit the National Cancer Institute at cancer.gov.

oswaldTM

Focus Forward

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DR. ZORBA'S corner

Recent research shows that exercising with others may be your hidden key to wellness.



A 12-week group exercise regimen for cancer survivors in more than 700 communities nationwide showed that those who exercised with others were better off physically, socially and emotionally. This comes after research on smoking that showed if smokers tried to kick the habit with others, they were more likely to succeed. — Zorba Paster, MD

April Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 You can't spot-reduce _____.
- 2 Always shop when your _____ is full.
- 3 Recent research suggests eating from a _____ plate may not help control weight.
- 4 Scientists believe exercise stimulates _____ in your cells to help convert nutrients into energy.
- 5 _____ disorder is a developmental condition that can be diagnosed at any age. (2 words)
- 6 The National Prescription Drug Take Back Day gives Americans the chance to dispose of unwanted medications at about _____ sites nationwide.
- 7 The Federal Trade Commission is responsible for protecting _____ in the U.S.
- 8 Obesity and excess body fat are linked to 11 forms of _____.

Stay in Touch. Keep those questions and suggestions coming!

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